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NEW ZEALAND LISTENER

OCTOBER 22-28 2022

FACE VALUE

Why it's time we made peace with our appearance

DAIRY DILEMMA
Does it really make a bad cold worse?

RICHARD E GRANT
The tragedy behind his tour of New Zealand

HAY FEVER
What the latest research reveals

NEW ZEALAND LISTENER
Te Kaiwhakarongo Aotearoa

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GETTY IMAGES

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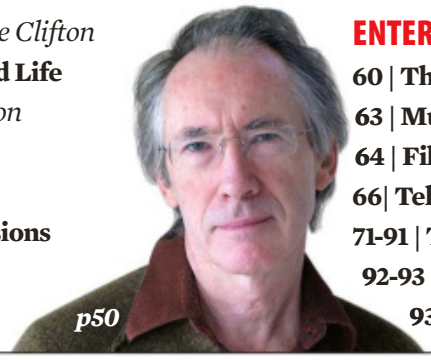

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The angry sea

You don't have to look hard to find evidence of climate change's effect on the marine environment, says writer NEVILLE PEAT.

Close to my Otago Peninsula home there's a creek called Smith's running into Otago Harbour, and I walk to it most mornings. By the bridge one crisp autumn day, I was astonished to see a scattering of strange fish lying flat and stranded in the rocky intertidal zone, a dozen of them, unearthly silver with forked tails and big eyes suggesting they inhabit the ocean's dim-lit depths.

Turns out they were a school of youngish Ray's bream, a species more usually found offshore in northern waters up to 1000m deep. Since then, during winter, there have been more strandings of these fish at several Otago beaches and inlets, including hundreds of them washed up near Waitati. Bream do migrate, and maybe large numbers were enticed south by ocean warming or changes in the marine food web.

More recently, pāua by the thousand were washed up at Kaka Pt, South Otago, seemingly overwhelmed by freshwater discharges from the nearby Clutha River during a major flood.

Marine-life dramas keep occurring in the south. In Fiordland, there was a shocking mass die-off of colonies of brownish sponges, bleached bone white. And in the past couple of years, scientists have reported unprecedented marine heatwaves occurring in coastal regions, notably the West Coast and Fiordland.

All told, something major is happening in our surrounding seas. The ocean has been described as the flywheel of the climate system – absorbing, redistributing and storing heat from the atmosphere on long time scales. But in this era of climate change triggered by the rapid increase in greenhouse-gas emissions, the ocean is hotting up and getting riled in the process, spelling trouble for coastal land. Storms have more punch.

The sea is also serving up another disturbing outcome. Just as mercury in a glass thermometer expands with heat, so will water expand if it is warmed. This is the equation: for every 0.1 degree rise in sea temperature, a 1000m-deep column of water will expand by 1 or 2cm, increasing in proportion to salinity. That equates to adding as much as 50% to sea-level rise on top of that caused by glacial ice melt.

Actually, there's a double whammy in play from these ocean-atmosphere linkages. In the late 19th century, two scientists from Germany and France, Rudolf Clausius and Émile Clapeyron, while studying the ins and outs of thermodynamics, determined that an atmospheric temperature increase of 1 degree will enable the atmosphere to retain some 7% more water vapour before it saturates and falls out. In other words, beware of heavier-than-usual rainfall events over land. Just as serious, water vapour evaporating from the ocean is counted as a greenhouse gas along with carbon dioxide, methane and nitrous oxide.

Ray's bream stranded near Dunedin: what's going on?

The ocean is hotting up and getting riled in the process, spelling trouble for coastal land. Storms have more punch.

Climatologists going back to the 1990s have warned of a looming climate crisis unless humankind radically reduces fossil-fuel burning – warnings largely overlooked on the geopolitical stage and now hitting home in the form of extreme weather, scorching summers, unprecedented floods and wildfires and coast-attacking storms.

Even if greenhouse-gas emissions are stabilised today, the ocean, being less responsive to temperature changes than air, will continue to warm through this century and beyond.

If the continuous CO_2 recordings at Baring Head, Wellington, are any indication then carbon dioxide emissions show no downward trend yet. This longest-running monitoring station in the Southern Hemisphere, set up 50 years ago, is signalling atmospheric CO_2 levels more than 415 parts per million in 2022 compared with its initial reading of 320ppm in 1972.

The station is a smoking gun. The last time Earth's atmosphere had a CO_2 concentration of 400ppm, sea levels were metres higher and the Greenland and West Antarctic ice sheets were largely gone. ▮

Dunedin writer Neville Peat is the author of The Invading Sea: Coastal hazards and climate change in Aotearoa New Zealand, *and* The Tasman: Biography of an ocean.

TAHI VOLLMER

SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.

HUGH BONNEVILLE What it's really like behind the scenes on Downton Abbey
NEW ZEALAND LISTENER
SPACE-BASED SOLAR POWER
The incredible Kiwi invention electrifying the world
JOHN IRVING
OTTOLENGHI
GRAND DESIGNS

We are what we eat

I grew up in a farming environment where many people ate lots of meat ("Meat the challenge", October 8). But my parents were not farmers and my father grew an abundance of vegetables. We ate a lot of fruit. We were healthy, fit and active.

As I grew older, travelled, and learnt from other people around the world, I moved to a more grain, nuts, seeds, vegetable and fruit diet, low in salt, sugar and fat.

I am not a vegan but as I get older still, I move more that way. I do this for health and fitness reasons, but also, for a long time now, climate change reasons.

Your cover story's main premise is that we should eat fewer animal products if we are serious about climate change. But something like 90% of our beef and 95% of our lamb and milk is exported. If half of us stop eating these products, it will reduce the emissions generated by this sector by 2.5-5% – not a lot. The producers will likely pick up the bit we have forgone and add this to their exports.

If we are serious about reducing carbon emissions, producers need to change from farming animal products to farming vegetable products. Our water and soil quality would likely benefit as well.

Pat Bodger
(Mandeville, Rangiora)

You told me to stop smoking, and I did. You told me to cut down on the booze, and I did. Now you tell me to stop eating meat. Well, I think two out of three ain't bad.

I do eat fruit and vegetables, of course – jam on toast counts as a fruit, and there is a serving of tomatoes in a Bloody Mary.

Gordon Gandy
(Taitā, Lower Hutt)

READING AND LITERACY

We are constantly being bombarded by expressions on new systems of teaching ("Between the lines", October 15). My two boys, whom I brought up as a single parent while working full-time as a nurse, learnt to read, write, etc, and one is now a consultant psychiatrist and the other an IT specialist at a university. I read to them every night and did their homework with them.

WINNING CAPTION

Joe Baker, Dunedin

FINALISTS

***Elton John:* "Yep, an equilateral triangle, Joe. Not bad."** – Mike Lynch, Upper Hutt

***Elton:* "Hmm. Thanks, but why is it hung on a mankini?"** – David Field, Rotorua

***President Biden:* "No, Elton. It's usually worn around the neck."** – Stuart Weekes, Waiheke Island

***Biden:* "I want you to have this. I found it in a White House office drawer and the colour just doesn't go with anything I wear."** – Bob Richardson, Christchurch

***Caption:* Elton John unable to see the positives, despite wearing rose-tinted spectacles.** – Marie Curran, Dunedin

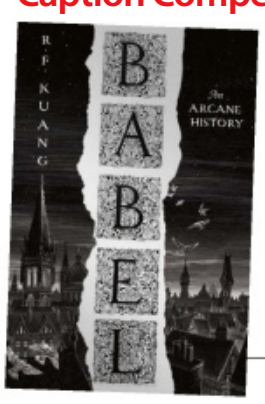
***Biden:* "Which of us is supposed to wear this?"** – Ann Love, Nelson

***Biden:* "I know you'd rather get it from a Queen, but I'm the next best thing."** – Mike Hamblyn, Dunedin

GETTY IMAGES

Russian President Vladimir Putin and the Moscow-appointed heads of four Ukrainian regions, partly occupied by Russia, at the Grand Kremlin Palace.

Caption Competition {listenercaption@aremedia.co.nz}



TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with "Caption Competition No 483" in the subject line. Alternatively, entries can be posted to "Caption Competition No 483", *NZ Listener, PO Box 52122, Kingsland, Auckland 1352.* **Entries must be received by noon, Tuesday, October 25.**

THE PRIZE RF Kuang's powerful historical fantasy that unflinchingly addresses issues linked to colonialism and racism.

Caption competition
THIS WEEK'S PICTURE

My boys loved school. The teachers were dedicated and kept me in the loop. I am very grateful to those who taught my sons. I believe that we just should "get on with it" and support our teachers for the outstanding work that they do.

I now see my granddaughter reading books on her own at seven years old. I rest my case!

Stephanie Brown
(Auckland)

There can be no argument over the ability to read being a major precursor for success in this world. There is also no argument that our education system is in trouble. What I don't see, however, is a viable solution coming from educators or politicians.

I began teaching in 1969 and am still going, and I have found that being able to learn to read well has little to do with any particular teaching model.

Mostly, whatever model is employed will work just fine if – and it's a big if – the child is fortunate to be born into a family that values reading, has lots of books, and over dinner discusses what is being read. It is also important that the children attend school every day, and they get the message that school is a wonderful and hugely important place to be.

I would like to see all political parties come together and commit to a priority plan — one that may take 50 years if it is to be implemented successfully.

The goal must be to support at all costs the most important group in our society – families.

Money chucked at dysfunction makes not a skerrick of difference to children; a family with strong cultural roots, who value reading and learning and are intent on ensuring their children grow to surpass their parents, will.

John Laurenson
(Devonport, Auckland)

LETTER OF THE WEEK

CLOSING THE PAY GAP

Sexism and misogyny are not the core drivers of pay inequality. Neither is racism. They cause inequalities of the order of 10% and 20% respectively ("Fair dues", October 8) in a system that gives some people millions of dollars and others mere tens of thousands a year. While clearly unjustified, they are molehills on the mountain of general inequality.

The Equal Pay Act (1972) should be called the Unequal Pay Act. Identifying narrow inequities without challenging the context of broad inequality condones it, turning good intentions into support for the status quo.

Misogyny and racism are cultural diseases requiring cultural treatment. The monetary disease that causes unequal pay symptoms needs economic surgery.

Gavin Maclean
(RD1, Gisborne)

The informative assessment of New Zealand's failure to achieve pay equity for women, Māori, and Pasifika made the continuing effects of this country's racism and sexism crystal clear. Less helpful was the role assigned to unconscious bias, which provides those responsible for the decisions, practices and policies with a socially acceptable way to say, "Sorry, that's not really me", without committing to change.

Sexism promotes men over women; racism privileges one colour (usually white) over other peoples. Over the thousands of years these privileging systems have been developing, so have the ways in which they are made to seem reasonable. If men, women and children constantly hear that women are less able than men, it becomes a believed fact. Pākehā have numerous ways to cast Māori as primitive. Said repeatedly, this becomes something we think we know.

It is such deeply embedded beliefs and misrepresentations that occasion "unconscious bias". They will have to be exorcised before pay equity legislation can be completely successful.

Raymond Nairn
(Mt Roskill, Auckland)

ONLINE VOTING

Peter Griffin (*Technology*, October 8) reveals that Estonia has a nationwide digital ID system. This would be an essential prerequisite for any online-voting system. I personally have never understood how New Zealand can function without a national ID system.

C Johnstone
(Grey Lynn, Auckland)

EFFECTIVE ALTRUISM

What seems to be missing from the philosophy of effective altruism ("Birth of a notion", October 1) is any analysis of how wealth came to be so unequally divided within and between countries, and any questioning of the decision-making power imbalance that accompanies philanthropy.

History suggests colonialism and class structure have produced inequality, and mining, deforestation and pollution have devastated the environment. The long-term solutions are structural change, environmental protection, progressive taxation, increased overseas aid and fair trade, rather than individual philanthropy.

Collective decisions based on years of academic research are likely to be more effective than individuals deciding what is most needed.

The Bill Gates model of philanthropy retains power in the hands of the donor rather than the community. Are philanthropists prepared to forgo overseas holidays, take public transport rather than drive a car, become vegetarian, buy local, buy fairly traded goods, reduce consumption and invest money ethically?

Patricia Scott
(Lyttelton)

GETTING THE CLUES

It was a huge struggle for me to write this letter on my laptop. I appreciated *Upfront* (October 8) on dyslexia, and I'm sure others feel similarly.

I was in my forties before discovering the label for my dyslexia and dyscalculia condition. It has been slightly upsetting with both letters and numbers.

On the plus side, it is often an "aha" moment when doing the *Listener* crossword to reread the clue and understand.

Sheelah Chalklen
(Whaingaroa/Raglan)

COVID MANDATES

Although I vaccinated thousands of people, from six-week-old babies to octogenarians, during my 30 years as a nurse and believe in its proven effectiveness, I felt compassion for Lisa Wills as I read her opinion piece (What has happened to us?", October 1). I am glad that she is teaching again and that she feels her family are closer.

I don't agree that our country is "broken and scarred" and may never "be repaired". History will show that the way the government managed our response to the pandemic was one of the most effective in the world.

Letters to the editor {listenerletters@aremedia.co.nz}

The Editor, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

- Letters must be under **300** words. Preference is given to shorter letters.
- A **writer's full residential address** is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.

Quips & Quotes

"I can create a new unique password or I can remember my password, but I cannot do both."
– Seen on Twitter

"People come to music to seek oblivion: is that not also a form of deception?"
– Claude Debussy

"Think about it: Joe Biden could smoke a lot of weed. He's always puttering around like he forgot where he's going, he's wearing sunglasses everywhere he goes. I mean, he definitely talks like he's high." *– Trevor Noah on Biden's decision to pardon federal marijuana offences*

"Write to be understood, speak to be heard, read to grow." *– Lawrence Clark Powell*

"There is no greater impediment to the advancement of knowledge than the ambiguity of words."
– Thomas Reid

"To give without any reward, or any notice, has a special quality of its own." *– Anne Morrow Lindbergh*

"You know how advice is. You only want it if it agrees with what you wanted to do anyway."
– John Steinbeck

"To do something funny, you have to have experienced it in real life and digested it in a way that amuses you."
– Ted Danson

"The length of a film should be directly related to the endurance of the human bladder."
– Alfred Hitchcock

10 Quick Questions

by MARK BROATCH

1. Peter Mahon, who led the Commission of Inquiry into the Erebus crash, was also involved in which famous case?
- ❑ *Parker-Hulme murder case*
- ❑ *Aramoana mass shootings*
- ❑ *Pukekawa murders of Harvey and Jeanette Crewe*
- ❑ *Bassett Road machine-gun murders*

2. "My mother's not herself today" comes from which film?
- ❑ Psycho
- ❑ Mommie Dearest
- ❑ Sybil
- ❑ Carrie

3. Marcescence refers to what?
- ❑ *Leaves that turn yellow or brown before they fall*
- ❑ *Leaves that remain green all year round*
- ❑ *Leaves that wither in autumn but stay attached to the tree over winter*
- ❑ *Plants that die off completely in winter but return in spring*

4. Which movie was Steven Spielberg filming while he supervised post-production on *Jurassic Park*?
- ❑ Hook
- ❑ Amistad
- ❑ Saving Private Ryan
- ❑ Schindler's List

5. A coleopterist studies what?
- ❑ *Ants*
- ❑ *Beetles*
- ❑ *Stick insects*
- ❑ *Flies*

6. What year was the microwave oven invented?
- ❑ *1944*
- ❑ *1954*
- ❑ *1964*
- ❑ *1974*

7. The Iron Age Jastorf culture existed in which region?
- ❑ *Northern Germany*
- ❑ *The Hebrides islands*
- ❑ *Italy*
- ❑ *Modern Croatia*

8. The brand name Volvo was originally registered as a trademark for what?
- ❑ *Go-carts*
- ❑ *Ball bearings*
- ❑ *Tractors*
- ❑ *Automobiles*

9. Serbian geophysicist and astronomer Milutin Milanković was famous for what?
- ❑ *Explaining the creation of Saturn's rings*
- ❑ *Discovering minor planet Ceres*
- ❑ *More accurately predicting the location and size of Sun spots*
- ❑ *Describing the effect of the Earth's movements in space on its climate*

10. The te reo Māori word makariri means what in English?
- ❑ *Angry*
- ❑ *Hot*
- ❑ *Cold*
- ❑ *Nervous*

Answers on page 58.

Hardship has always been experienced by people during a worldwide pandemic. I was a student nurse at Wellington's Chest Hospital in the 1970s when people infected with tuberculosis were sectioned and detained in a sanatorium if they refused treatment. The history of pandemics reveals many similar draconian but lifesaving measures mandated by authorities.

Helen Carver
(Dannevirke)

Lisa Wills asks, "What has happened to us?" Essentially, a tiny, selfish and ignorant minority among us get their misinformation and disinformation from Facebook, as she admitted in her third paragraph.

Sean Brosnan
(Helensville)

As we get further from this difficult period, I hope that as a nation we will consider what we need to do to enshrine certain constitutional freedoms. It is clear that our Human Rights Act is a woeful defender of personal freedoms. Wills' subtle comparisons to apartheid, conscientious objectors in World War II and participants of the NZ land marches are justified.

Aimee George
(Auckland)

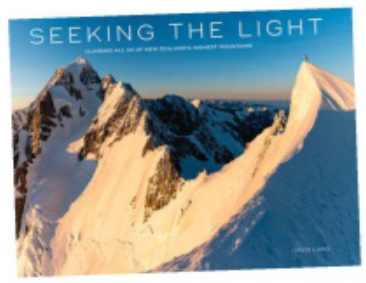
SAME POOL

After 50 years of soothing slothing in the Ngawha hot pools (though not in a single stretch), it was good to visit the refurbished venue recently. As I was reminiscing with a Māori elder about its history, she reminded me that half a century ago there were two separate sets of pools — one called the "Pākehā pools" and the other "Māori pools". Fortunately New Zealand has matured into a blend of many races and skin colours and we can now all share the same mineral waters.

Rob Buchanan
(Kerikeri)

Correction: 18 sites around the world (not in NZ) are recognised for their outstanding conservation and scientific fossil values (*Letters*, October 15). Our apologies for introducing the error during editing.

Letter of the week prize



Mountain guide and adventure photographer Gavin Lang's account of climbing Aotearoa's 24 highest mountains and the challenges he faced.

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ANDREW ANTHONY

A cult of incompetence

Incredible as it may seem, there was a time when many serious-minded people were asking if David Cameron, who unintentionally removed the UK from the EU, was the worst prime minister in modern history. His replacement, Theresa May, swiftly put an end to that debate, as she almost immediately replaced him in that unwanted spot.

But she was forced out by Boris Johnson, who in turn was widely thought to have set new standards for poor leadership, necessitating his replacement by Liz Truss. Now, after just a few weeks of her premiership, the nation is nostalgic for Johnson, and May and Cameron seem by comparison to be towering figures of competence.

No sooner had the official mourning period for the Queen ended than Truss, via her Chancellor of the Exchequer, "Kami-Kwasi" Kwarteng, announced policies that sent the pound tumbling around the world, mortgage rates shooting up in the UK, and almost wrecked the government bond market.

If that wasn't enough, she told her annual party conference that anyone who disagreed with her was part of a conspiracy she calls the "anti-growth coalition". This essentially means everyone: not just all opposition parties and trade unions, but also most of her own party, as well as random scapegoats like townhouse dwellers and podcasters.

I wish I were joking. But I went to Birmingham to watch her deliver her conference speech, and it was like entering some bizarre libertarian cult, say the Ayn Rand Society, where all government regulation is a bad thing, and enabling the rich to become richer is a good thing.

Liz Truss: behaving like an unrepentant ideologue.

GETTY IMAGES

At a time of rising inflation, Truss plans to borrow huge sums of money to fund tax cuts for the wealthy.

It's as if the events of 2008 never happened. That's when a combination of too little regulation and too much incentive for bankers to behave irresponsibly sent the world to the brink of financial meltdown. Such was the burden of borrowing required to bail out the banking system that growth in the UK has never really recovered.

But that's what Truss wants to address. She wants to jumpstart the kind of growth we had before 2008 by taking the limits off bankers' bonuses and empowering the very people who brought about the crisis.

At a time of rising inflation, Truss suggested borrowing huge sums of money to fund tax cuts for the wealthy. And to help redress the shortfall in government money, she is looking to cut benefits in real terms for the poor. Even Mr Burns from *The Simpsons* would hesitate to suggest something so outrageously unfair.

But not Truss. She was in triumphant mode in Birmingham, as though she'd saved the nation rather than committed it to ruin. She's behaving very much like an unrepentant ideologue, and is happy to dismiss anyone, including former chancellors, who points out the folly of her plan. As one of them, Ken Clarke, told me: "Tax cuts will stimulate growth in demand, but the problems are with the difficulties in supply, so they will push inflation further up."

Another former minister put her opposition to Truss in more personal terms: "She's just weird."

Weird she may be, but she's the woman in the driving seat, and she's setting the controls for an extremely bumpy ride this winter. So transfixing has been Truss's bug-eyed determination to press on regardless that it's served as a distraction from the fact that Vladimir Putin, as Russia sustains huge losses in Ukraine, has started talking about the right to use tactical nuclear weapons. In Europe.

This may well be the most dangerous moment in the continent's history since the end of World War II. Yet, no one seems too concerned. Bluster and weirdness have become normalised. In Britain right now, almost anything seems possible. ▮

Andrew Anthony is an Observer *writer and is married to a New Zealander.*

CHARLOTTE GRIMSHAW

An ordinary family

C goes with D to meet an orthopaedic surgeon, who outlines D's intended procedure. It's absolutely worth it, he assures them. C and M and D have it all worked out, how C and M will wait while the surgery is performed, the times they will visit. But after they arrive at the hospital they're told, "Due to Covid there is no visiting at all." D follows the nurse through the doors. They will not see him for days. His shoulders are bowed, and he is towing a tiny suitcase.

C faces the dermatologist. She suspects he won't remember this, but when she first met him years ago, he asked the worst and funniest question a doctor has ever put to her: "Have you done any recent nursing in the Third World?"

She considered answering, "I've just got back from Uganda. It's Ebola, isn't it?" But this wasn't true; her problem was nothing so exotic, and eventually he let her go.

Now they're meeting a second time. A stereo begins emitting eerie music from his cupboard as he says, "I'm afraid you're not going to like this."

He describes the biopsy he wants to perform on her face. C says, with a prim cough, "Can we put it off? I have some public things to do this month."

He jumps up. "That music's got a bit loud."

Is this a new thing, C wonders, piping music into doctors' rooms? He twiddles with a knob. "No," he says, "we can't put it off." He needs to decide what sort of biopsy. Not the punch, perhaps the graze or the slice. The problem area is diffuse, meaning he'll have to angle around the existing facial scar. The music rises. He frowns and jumps up again. "Strange. It seems to control itself." Sudden swoop of violins. He looks so sane, as he's plotting the unthinkable. He's going to take a knife to C's face.

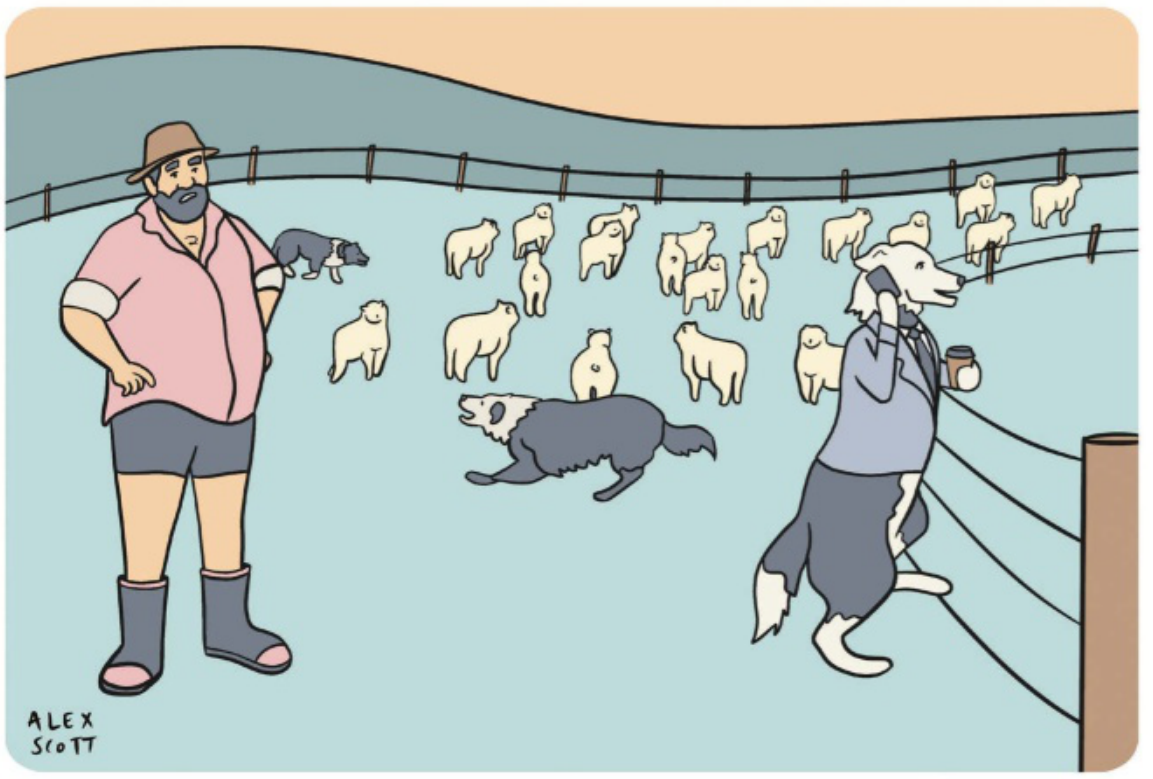
C receives a series of emails from R, who rebukes her for writing about her family. He accuses her of "lying" in order to "assert victimhood". He attaches an article about whining First World feminists. When C replies, he writes that her response is a "sign of weakness". Then his tone alters, and he tells her he's spent his life battling addiction and mental illness.

Recalling this later is like opening a door a tiny crack to the furnace of grief that lies behind it.

D's surgery has been a success and he is a new man. But then, another twist: M visits a specialist and now she needs treatment.

In the cafe, M wears a casually elegant jacket, stylish trousers. They've taken a table for four, and M is obliged to squeeze in next to C. She won't do it. She won't go near C, but stays at the corner of the table, awkwardly perched, turning away. This makes C think about art. Bad art would gloss over this, would tell a story of togetherness and warmth. Bad art is what the rebuking R wants: ersatz stories of wonderfulness.

Real art portrays it like it is. M stays at the corner of the table, keeping the space wide. Recalling this later is like opening a door a tiny crack to the furnace of grief that lies behind it. M maintains the space. M and C don't lie about this to each other, no matter how much bad art denies and pontificates and makes edicts about how they should be described. Perhaps R is right: it's a feminist issue. Real women deserve to be authentically portrayed. M and C are authentic; she maintains the space and C registers it. It used to be C's loss but now perhaps it is – maybe it always was – M's loss too. ▮



"That's the last time I take on a working dog from the city."

ALEX SCOTT

Charlotte Grimshaw is an Auckland author and critic.

BILL RALSTON

The grumpy vote

Looking back at the local body elections and voters' apparent swing to the centre-right, the Labour government – though it would never admit it publicly – will be feeling a little nervous about the 2023 general election.

Back in the olden days, British Prime Minister Harold Wilson is said to have declared, "A week is a long time in politics." In which case, a year is an eternity, and I guess the political barometer could slowly swing back to the centre-left in time for the vote.

Almost two-thirds of eligible voters did not even bother to cast a ballot in the local body elections, and Labour will have to shake that hefty slice of the population out of their torpor if it is to have a hope of remaining in power.

The problem it faces is that the electorate is surly. After nearly three years of the Covid pandemic, most of us are exhausted and grumpy. Inflation is eating away at our wallets while the government talks loftily of "transformational politics". When you have problems paying the grocery bills and higher mortgage interest rates or rents, you're unlikely to be impressed by attempts to take over control of the country's water infrastructure, merge polytechnics and reform the Resource Management Act.

It feels like a government that has lost touch with the hip-pocket issues that drive voters. An example is crime. Official statistics may show that crime has plunged in recent years, but the sudden rise in ram raids alarms many people.

It's the same with burglaries. The police can issue as many press releases as they like pointing out falling burglary rates, but that doesn't provide much cheer to those whose homes have been broken into.

In the past five years, I have experienced four such incidents. The latest was a young woman who came through the back door and nicked a computer and a backpack off the kitchen bench while we were watching television. Yes, I know, I'm a fool for not keeping my doors permanently locked, but, frankly, I'm not the one who should be treated like a prisoner.

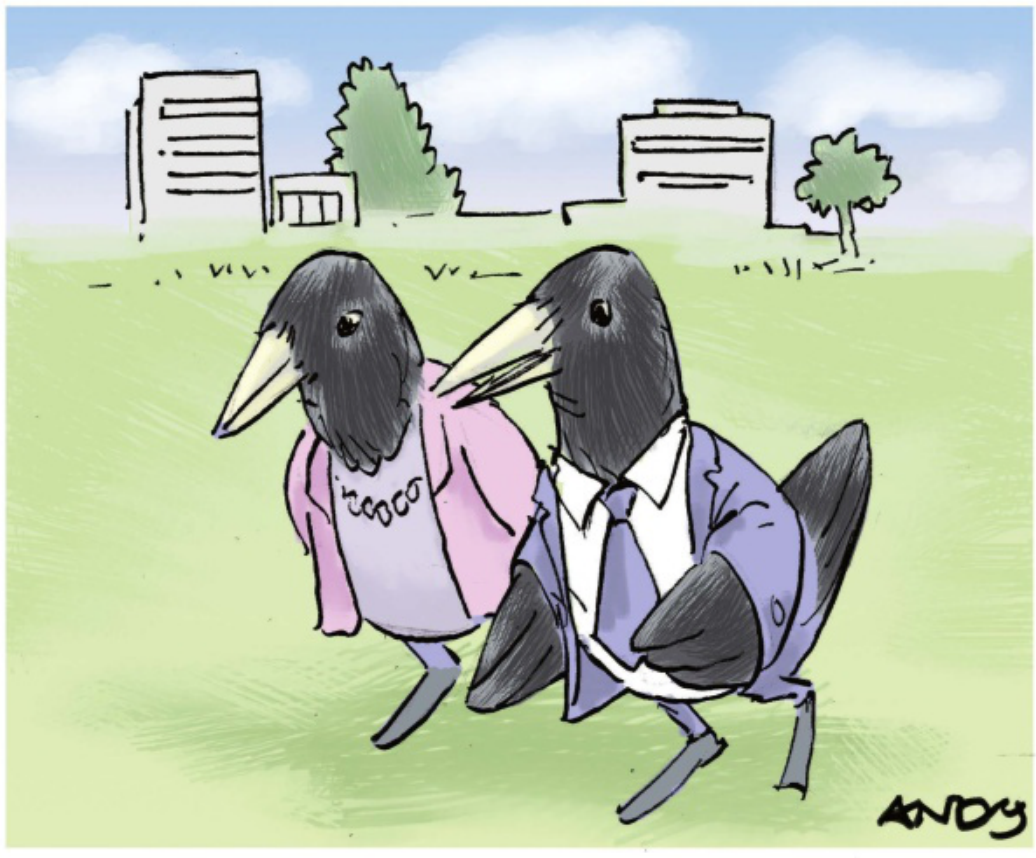
What boosted my faith in human nature was the way our small seaside village reacted to our burglary and others that occurred along our road. Neighbours found shots on their security cameras of her trying the doors and windows of their house; a friend successfully identified her; another neighbour tracked his stolen gear to a winery over the road. It seems she had somehow obtained a pass key to the place and hid her booty in a room there. Within three days of the theft, our laptop was returned by two nice cops who seemed a little bewildered by such speedy success in crime solving. That, apparently, is not a common occurrence.

It feels like a government that has lost touch with the hip-pocket issues that drive voters.

It is all very well to jet off to the United Nations or attend conferences overseas, but a government and its ministers need to show they are in touch with, and doing something about, the nagging problems faced by the common folk who voted them into office.

Restructuring the apparatus by which the country operates may be a way to leave your historical mark as an administration but, if it ignores the everyday worries of voters, it is always a way to eventually lose power.

Labour has a year to demonstrate it is not asleep at the wheel and is concentrating on the daily commonplace concerns we all wearily face. ▮



ANDYTRISTRAM

"The early bird gets the worm. On the other hand, the late bird does brunch."

STEPHEN DAVIS

Unreal influencers

When I became a television current affairs producer, I had to learn the tricks of a new trade, having arrived from the very different world of print journalism.

One key lesson was recording an interview using only one camera. For cost reasons, crews nearly always consisted of a single cameraman, and the camera was pointed at the person we were interviewing. The reporter was off-camera.

How then, when the edited programme appeared on screen, did you see the reporter asking questions and their reactions to what the interviewee was saying? The answer was we would turn the camera around at the end of the interview and point it at the reporter and get them to repeat the questions. Then we would record their reactions to the interview as if they were reacting in real time. These were called "noddies".

It was a small deception, but a deception nevertheless.

Now, imagine a group of housewives – let's call them real housewives – and they are sitting on sofas discussing some row they have had. Amid the shots of designer clothes and wine drinking, there are emotional reactions and angry outbursts.

Where is the camera or cameras? If a camera is recording a close-up of the spontaneous reaction of one of the housewives in real time, why can't you see any cameras in the wider shot?

The answer, of course, is that many of these reaction shots are recorded separately. They are faked in the real sense of the word by people who are essentially playing a version of themselves on screen.

New Zealand television schedules are awash with these so-called "reality" TV shows. Sadly, serious media write about these spectacles as if they are important – as in the current coverage of *FBOY Island*. But although they can be entertaining, they are not real and are a major contributor to the seemingly endless blurring of the lines between fact and fiction.

In local 'property porn' show *Rich Listers*, the fakery has been taken to new levels, portraying fictional scenarios as if they might be genuine.

Viewers are being taken for a ride in a borrowed supercar, and if I was a local real estate agent, I wouldn't be too happy about it.

Many of these series distort reality for both viewers and contestants, and although some show people doing useful things – baking a cake, building a house – others accentuate the worst kind of voyeurism.

Real tragedy: *Love Island UK* presenter Caroline Flack took her own life in 2020.

Many of these shows distort reality; others accentuate the worst kind of voyeurism.

In the UK, *Love Island* had to introduce duty-of-care policies after two former contestants and a presenter took their own lives. But this year's version of the show still generated more than 5000 complaints to the regulator, Ofcom.

Young people in particular, research has shown, end up modelling themselves on these people and adopting their values. US mental health expert Dr Holly Peek has documented how reality TV influences young girls' real-life perceptions: that people gain popularity and happiness by focusing on their appearance, and that to be successful, personal image, even at a very young age, should be laced with sexuality.

Reality TV typically encourages inappropriate behaviour within peer groups, promoting drama and bullying and "that being mean earns respect and is often necessary to get what you want", says Peek.

It also accentuates sex appeal, hard partying and aggression while downplaying intelligence.

Our current affairs "noddies" were done to allow us to edit the interviews, and we would always try to get the interviewee to talk to the reporter so we could capture more genuine reactions.

Such practices seem quaint now in the world of unreal TV.

Does it matter? It may be okay to watch trashy entertainment as a relief from the grimness of current life. Why bother about Ukraine/global warming/Trump when you can look at good-looking people cavorting on a beach?

But be aware of the consequences of distraction. As the brilliant historian Timothy Snyder put it: "To abandon facts is to abandon freedom ... If nothing is true, then all is spectacle." ▮

Stephen Davis is a Dunedin-based investigative journalist, educator and author.

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JANE CLIFTON

About noses and faces

The government's attempt to deal with intractable agricultural emissions looks set to be answered by the roar of angry tractors.

As New Zealanders marvelled at Britain's daring and rapidly doomed experiment with tax cuts this month, few dreamt this country was about to try something comparably jaw-dropping.

The government's proposed farm-gate emissions charging regime is the sort of policy *Yes, Minister*'s Sir Humphrey was wont to lament as being "courageous".

It will certainly make New Zealand look a principled, self-sacrificing paragon of climate-change leadership. It could also make the country poorer and have the net effect of pushing up global emissions even as politicians here get to preen at meeting their domestic targets.

Two years after starting work on the farmer-government partnership proposal He Waka Eke Noa (HWEN) – translation, "we're all in the same boat" – farmers are now left paddling their own boat, into the hull of which the government has bored bigger-than-expected holes.

The charging regime's painful dichotomy is that it can be fairly characterised as a vanity project and an act of selflessness at the same time.

Official economic projections are that it will lop 5.9% off production of milk solids, 21.4 % from lamb, 36.7% from beef and 21.1% from wool as farmers unable to afford the levies downsize or give up.

It can be fairly characterised as a vanity project and an act of selflessness at the same time.

This is so much more than a gesture; it borders on a penance.

It will enable our leaders to boast that we're risking domestic austerity to help save the planet. There lies the first perversity. New Zealand's producers are considerably cleaner, greener and more cost-efficient producers of these commodities than their competitors. Allowing for the odd localised, boutique exception, any overseas supplier that takes over this country's market share in any of these categories will do so emitting more greenhouse gasses than ours would.

Documentation of the proposals concedes this, the only mitigation offered being that such counterfactuals are notoriously hard to predict. But at least for the time being we would appear to be cutting off our nose to spite the planet's face.

WHATABOUTISM

This is climate mitigation's besetting dilemma. Britain stopped producing steel only to see China, a less-clean producer, take over its market share. It's also what keeps Australia in the coal business. It reasons that if it doesn't keep shovelling the filthy stuff, other countries will, so what's the difference?

As so often in politics, however, the perfect here is a treacherous enemy of the good. Rather than being paralysed by such whataboutism, the government has decided that the process has to start somewhere, and if the price of progress is a (hopefully modest, temporary) global emissions increase, then it's defensible given the longer-term momentum that will (hopefully, permanently) build.

Our trajectory, then, is that of the kererū in fermented berry season: a rackety, clumsy plunge on take-off followed eventually by a steadying ascent.

There's a further confounding disjuncture. New Zealand may indeed now meet its targets with the help of this scheme shrinking domestic farm gas outputs, but they alone get us nowhere near the finishing line. We'll still have to buy our way to virtue using overseas carbon credits. Our emissions targets are not based on a net domestic gas reduction, but overwhelmingly on offsets bought abroad. We're a world leader in this dubious category, relying more heavily on foreign carbon credits than most other countries propose doing.

How much this will cost is impossible to forecast because those carbon markets barely yet exist. Suffice it to say the TAB won't be offering flash odds on our Climate Change Commission's estimate of $30 billion by 2050.

To return to the kererū metaphor, the least visible part of this new era is the bit where everyone dials back their gorging of fermented berries in the first place, thus ensuring a more elegant flight path to net zero, or ideally, gross zero. Aside from agriculture, we've got nothing much else under

James Shaw

GETTY IMAGES

the cosh for time-restricted emissions reduction. Carbon credits and pine forests' temporary sequestrations are still the main tools in New Zealand's climate kit – little better than fitting a corset when you really should be losing weight.

That grim reality is why Greens co-leader James Shaw looked as though he would rather be undergoing an unanaesthetised splenectomy in an abattoir than attending the Wairarapa launch of the farm-emissions policy. He is among the many climate-policy watchers who believe that while New Zealand's game plan is better than nothing, it does far too little to drive decarbonisation.

NATS IN A BIND

Equally uncomfortable were National MPs, who, having been charmed, shamed and reasoned into a bipartisan approach with the government on climate mitigation, now feel that consensus congealing under their wellies. Farmers traditionally vote National, come what may, but could desert it for Act – unabashedly opposed to the new regime – if their party puts consensus ahead of farm viability. Equally, the all-important swinging middle vote might punish National if it looks equivocal about climate change.

Then again, the downsizing of farms, particularly if supplanted by more exotic forestry, will almost inevitably bite further chunks out of regional economies, of which National has arguably been the strongest traditional champion.

The party's ultimate choice will probably be on the brute economics. No one can predict to what degree the shrinking farm footprint will come with concomitant productivity or export-earnings decline. Agricultural trading competitors have long known better than to underestimate the ingenuity and resilience of New Zealand agribusiness in adversity. But on balance, National will find it hard to defend the deliberate shrinkage of the sector providing more than 80% of this country's exports. At the least, it will lobby hard for greater transitional support and much more generous mitigating payments, such as those for on-farm vegetation.

National's ultimate choice will likely be based on the brute economics.

The government's refusal to include the latter in the new regime is among its most bitterly resented facets. It's promising an adjacent scheme to credit sequestering plantings later, but by now there are too many breaches of faith with the HWEN for such "jam tomorrow" to generate much optimism.

Meanwhile, we can count on the most pointless of gross carbon emissions. Vainly hoping to reprise their stopping of an emissions tax nearly 20 years ago, some farmer protesters are vowing to jam Parliament with tractors yet again. However real our economic sacrifice, it'll be a while before Greta Thunberg hitches a boat ride to congratulate us in person. ▮

CHRIS SLANE

Will for a cure

New Zealand punches above its weight when it comes to paediatric research, but many life-changing studies are dependent on the support of regular Kiwis, without whose contributions the current crisis in child health could spiral.

KIRSTY McDERMOTT'S LIFE was short, but it helped extend those of thousands who followed her.

After the little girl tragically died in a car accident at the age of seven, a trust was created in her memory in a bid to fund studies into the serious blood disorder that had plagued her.

That trust transferred $500,000 to child health research charity Cure Kids, and today, 40 years after her death, the Kirsty McDermott Memorial Fund has not only grown to $2.89 million, but it has also supported $3.59 million worth of research.

Cure Kids CEO Frances Benge explains that out of the McDermott family's devastation has come a heartening success story for paediatric haematology. "We wisely invested the money so it could grow, and that $500,000 has translated into millions of dollars' worth of research," she says.

Cure Kids uses medical and scientific research to understand the root causes of illness in children and to establish methods of detection, diagnosis and treatment – as well as prevention.

"What's unique to Cure Kids is we're the fence at the top of the cliff instead of the ambulance at the bottom," Benge says of the organisation, which was established more than 50 years ago. "What we provide is not just a short-term fix, it's a long-term focus."

Top: *Cure Kids CEO Frances Benge: "We have a deep expertise on child health."* Above: *Kirsty McDermott: a research trust was created in her memory.*

Benge says that while many countries boast large state- or philanthropically-funded health research institutes, in New Zealand, Cure Kids is the biggest financial contributor to child health research outside of the government.

"And thanks to our amazing researchers and incredible medical scientific advisory committee, we have a deep expertise on child health the government doesn't have," she continues.

It's much-needed expertise. Unicef recently ranked the health and wellbeing of Kiwi children 38th out of 41 developed countries. One in seven New Zealand children has asthma, 41% of five-year-olds have tooth decay, and our rates of acute rheumatic fever and rheumatic heart disease are among the highest in the OECD, with Māori and Pasifika disproportionally affected. Inequality linked to ethnicity and income is rampant, as annually 40,000 kids under the age of 14 are hospitalised with preventable, poverty-related health conditions.

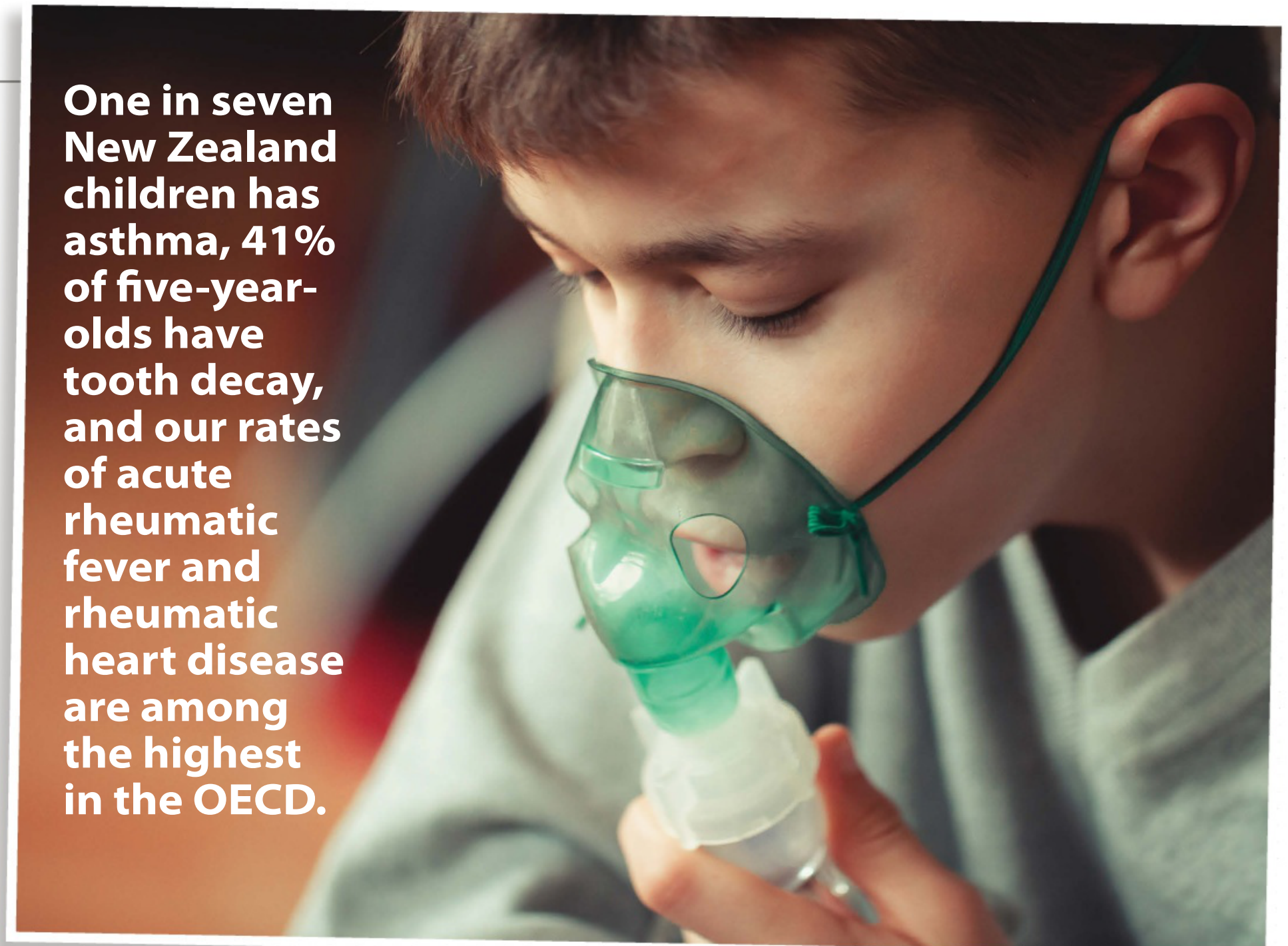
The Covid-19 outbreak only heightened the situation, from restricting access to primary care and exacerbating hardship factors, to impacting child mental health – which is almost being viewed as a pandemic itself. The outlook is such that on the release of Cure Kids' annual State of Child Health Report in June, New Zealand's Children's Commissioner, Judge Frances Eivers, observed: "On many measures, New Zealand is currently one of the worst places in the developed world to be a child."

However, Cure Kids offers a light at the end of the tunnel.

FROM THE WORK of Dr Andy Wood, who is giving hope to child cancer sufferers by identifying and using targeted therapy on genetic mutations, to that of the team who recently developed a world-first treatment for neurodegenerative disorder Batten disease, Cure Kids researchers are leading change.

But this is possible only with the collective support from extraordinary New Zealanders, which can go beyond a simple coin in a collection box. An upside to the Covid-19 pandemic has been the rise in charitable bequests, with a recent survey showing more than a quarter of Kiwis are either leaving money to charity in their wills or intending to do so.

"I think there has come a real appreciation and a gratefulness for research,"



One in seven New Zealand children has asthma, 41% of five-year-olds have tooth decay, and our rates of acute rheumatic fever and rheumatic heart disease are among the highest in the OECD.

says Benge, adding that a helpful way to futureproof a bequest in a will is to specify a percentage of worth rather than a specific amount.

"People are also being more thoughtful in thinking, 'I've had a good life, what can I do that's going to have a big impact?' And in our case that can mean the future health and well-being of children."

Top: *Dr Andy Wood: using targeted therapy on genetic mutations. Above, Professor Ed Mitchell: expert on sudden unexpected death in infancy.*

Benge emphasises that even the smallest of bequests can be transformative – as shown by the impact of Cure Kids' backing of Professor Ed Mitchell's research into sudden unexpected death in infancy (SUDI). Since Cure Kids began its investment in 2001, fatalities have more than halved, from 2.1 deaths per 1000 to 0.77, saving the lives of not only Kiwi children, but also thousands worldwide as the research was picked up internationally. A Perpetual Guardian social outcomes study revealed that every dollar donated into the programme translated to $14 worth of positive impact in the community.

"And that doesn't count the cost of a baby's life," says Benge. "If people are thinking about leaving a legacy, knowing that if they leave $100 to Cure Kids it will translate into $1400 – it is powerful.

"We all want to leave a positive footprint on the Earth, it's human nature," Benge says, adding that Cure Kids donors can specify a theme of research they want their contribution to benefit.

"If people would like to learn more about what a legacy gift would mean for the lives of children, we'd love to talk to them."

For more information about a bequest to Cure Kids, contact Cure Kids' head of philanthropy, Debby Bell, on 0274 992 563, email gifts@curekids.org.nz or head to www.curekids.org.nz.

cure kids

Keeping up appearances

Our obsession with body image is a serious public health issue for both men and women, says a Cambridge philosopher.

by ANGELA BARNETT • illustration by ANTHONY ELLISON

We judge butt implants and boob jobs but we don't judge pinnaplasty (ear-pinning surgery). We are critical of taking steroids and abdominal etching but not pumping iron at the gym. We mock women with moustaches but approve of getting body hair lasered off. We judge skin colour everywhere but not skin lightening or tanning creams. Instead of judging individuals who modify their bodies to fit into perceived social norms of acceptance, says British philosopher Clare Chambers, "we must judge the systems that tell anyone their body is not good enough".

From the title of Chambers' new book, *Intact: A defence of the unmodified body*, you would think she would be against any modification at all. But in true philosophical fashion, she is not saying don't – or do – but just to think about it.

We modify our bodies all the time for enhancement, lifestyle or health reasons: laser eye surgery, hip replacement, tattoos, piercings, cochlear implants or juice cleanses. But what we want to avoid, she says, "is a society that causes suffering and then pushes modification as the only solution". Or, obversely, when people are under strong social pressure to modify – circumcision due to religious beliefs, a nose job after childhood bullying or a sales rep pressured to get Botox to stay a certain age – that "we don't then condemn them for doing so".

"If we're all feeling bad about our bodies, then it's not our bodies that are the problem."
Clare Chambers

Chambers, 46, is a professor of political philosophy at the University of Cambridge and author of many books and papers in which she tackles lofty subjects. Her first book, in 2008, was entitled *Sex, Culture and Justice: The limits of choice*. In 2017 came an examination of that bastion of institutions, marriage. The title gives away her position on it: *Against Marriage: An egalitarian defence of the marriage-free state*.

Intact, her latest book, came out this year. It's not another tome telling women to resist the need to alter their physical appearance or to shame anyone who does.

Refreshingly, it starts with men's bodybuilding. Chambers attended the British Natural Bodybuilding Federation championships and says she went into it thinking it would be easy to dismiss

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but in fact found it fascinating. "It's an inspiring form of modification because it's so obvious and honest. You know what you're doing if you engage in bodybuilding. You're trying to create a body that fits a very narrow, strange, specific set of aesthetic standards that are designed for the sport, willingly. Whereas those of us who are going about our everyday lives, trying to fit in – plucking eyebrows in the car, looking twice before entering the 'back, sack and crack' waxer – we don't have that honesty about what we're doing."

Chambers has written papers on many subjects, ranging from torture, masculinity and radical feminism to the constitution of the family. One she wrote in 2004 has the kind of title you'd expect to see as a clickbait headline on Buzzfeed: "Are breast implants better than female genital mutilation?". This comparison made it into *Intact,* which covers a fascinating study between Senegalese and American women.

US political scientist Courtney Smith talked to both groups about their different perspectives on breast implants and FGM (female genital mutilation).

"Smith's interviews with American women about FGM were unsurprising," says Chambers. "Most were disturbed by what they felt was a barbaric practice that should be stopped. What's more surprising from a Western perspective is that many of the Senegalese interviewees had the same reaction when learning about cosmetic breast implants.

"Senegalese women see the central purpose of breasts as the nourishment of offspring and couldn't understand why anyone would risk the chance to breastfeed a child by doing it. They communicated disbelief that people would travel across the globe to fight FGM in foreign lands while the horrid, unnatural and ungodly practice of breast implantation exists back home."

We live in a society where bodies are scrutinised, where some bodies are placed above others.

When Chambers read this study, she questioned her own understanding of cosmetic breast implants. Having done a lot of work around the ethics of cosmetic surgery, she wondered whether breast implants do affect breastfeeding, so did some research. "Sure enough, I found evidence that implants make breastfeeding not impossible, but difficult and painful, and can interfere with milk supply. But I also found this isn't something cosmetic surgeons will generally discuss with people considering it. It's not that we just don't value the breast as a life source; it's not being put into consideration before surgery."

Typically, if you go to a doctor with a complaint or pain, the doctor will suggest options to alleviate the problem, and the associated risks and benefits, she notes. Then, you go away and think about it.

"In that discussion of informed consent, the patient has various advantages, knowing what each option is hoping to achieve and the risks involved. Whereas, with cosmetic surgery, people don't go to a surgeon and say, 'I feel bad about my body. What's an evidence-based treatment for that?' They say, 'I want breast implants' or 'I want a nose job.' They go in knowing the procedure they want.

"Then the surgeon has a duty to present the list of possible side effects, but it's not delivered as a way to help the patient decide whether they want to undergo the procedure. The patient already wants to go ahead. So the risk is a box-ticking exercise.

"If you said to your GP, 'I feel bad about

From left, American singer Lizzo has helped to change attitudes to beauty; bodybuilding competitions; Mexican artist Frida Kahlo rejected body stereotypes.

my breasts. What do you recommend?', that would start a different conversation. They might say you could have psychotherapy, or try this cream – which won't work but doesn't have any risks, either – or work on your hobbies, or avoid Instagram for a while, or look at surgery, but give you options and you would choose."

Or GPs could send people to 007b.com, a website where you can see all sorts of real breasts, to discover how very different they all are.

UNATTAINABLE IDEALS

It's all too easy to demonise body modification and make jokes about boob jobs and Botox. But shaming someone for making these choices can be just as damaging as shaming someone for not meeting perceived ideals, because the focus is still on appearance.

We live in a society where bodies are scrutinised, where some bodies are placed above other bodies, and we're surrounded by unattainable ideals everywhere. If we did live in a world where there was no pressure to look any kind of way, nobody would be making these decisions and spending their money, especially women.

Chambers says we must "look at the structures suggesting these solutions and overwhelming social norms, bolstered by commercial interests and entrenched inequalities".

Body liberation is something she wishes for everyone. A member of the UK's Nuffield Council on Bioethics' cosmetic surgery committee, she happily gives her take on the industry. Cosmetic surgeons, she says, think they're helping their patients and strongly want to do the right thing. "They have a pretty good idea whether or not they can create this shaped nose, this breast, but they don't have clear evidence about the long-term impact on wellbeing."

The same applies to men wanting their pre-middle-aged body back – that body that had no idea how to navigate alcohol, stress or sex.

Chambers says evidence-based legislation is needed. "Cosmetic surgery procedures are woefully unregulated and all of those working in the field agree. Many also think that other surgeons are acting unethically and that there's a problem within the industry."

Policy is also needed to address young girls' body image and self-esteem, she says. "Most hate their bodies after puberty."

Our conversation turns to giving birth by cesarean section. Having had similar experiences with our first-borns, we connect over the shame we both felt that our bodies didn't perform their God-given function of doing "good birthing" the natural way.

There's a lot of talk about shame in *Intact*, and particularly how shame about the body is socially created. "We can never imagine a body where we don't feel shame, as we're told we should always be striving to improve. If you said to me today, 'I have no issues about my body, everything is perfect', the part of me who wrote *Intact* would say 'brilliant' and the part of me that is a human would think, 'What do you mean, you're so arrogant.' The shame is required: we're pressured into thinking our bodies are inadequate and we should be ashamed of them, working to make them different."

That "work" on our bodies involves maintenance derived from shame. Chambers coined the term "shametenance", which can be anything to change the body – from dyeing grey hair, to wearing make-up that looks "natural", to sleeping with teeth whitening gel – that we do in secret.

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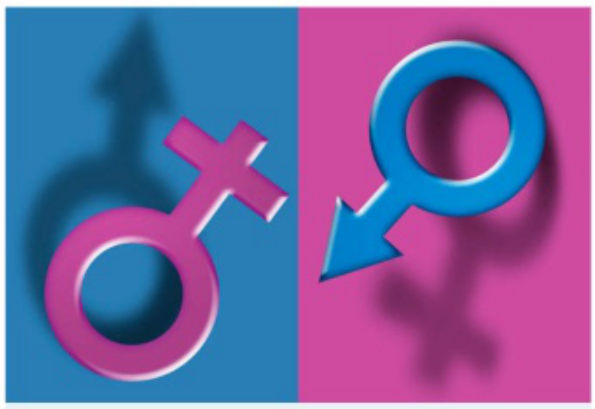

Gender & modification

Pressure to modify the body is even more complicated when it comes to gender orientation and children. In *Intact*, Clare Chambers shares a story of Rosie, an American intersex child with two XX chromosomes and genitalia that are atypical for girls. At birth, doctors recommended surgery at six months for her to "look normal", which would involve reduction of the clitoris. The parents decided they would let Rosie decide when she was older; they chose not to modify.

There's Luna, who was assigned male at birth and was diagnosed with gender dysphoria at five and identifies as a girl. Luna's parents are divorced, and, in the mother's house, Luna uses she/her pronouns and likes to wear feminine clothing. In the father's house, it's the opposite, because the father says Luna is happy identifying as a boy and thinks Luna will grow out of it.

"Once Luna gets close to puberty," says Chambers, "the parents will argue about more than pronouns and wardrobe choice and will fight over puberty blockers." In this case, if, say, the father wins the debate, then the unmodified body will go through puberty. Yet going through this stage will cause irreversible changes, such as voice deepening, which Luna might want to then address with modifications when she's older. It's certainly not black and white.

"When you're contemplating an intervention that will change a child's body dramatically, then you must have strong evidence, and not just what it will do to the body but how it will affect wellbeing. Often, we have more evidence about physical health facts than mental health."

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It's easy to see shametenance everywhere. The ubiquitous "get your body back after having a baby" is a classic case of it. This idea, says Chambers, suggests there's one moment when you had a body that was "really, authentically yours. And our real bodies are not the stretchy, lumpy, wrinkly ones we find ourselves in.

"When women try to get their bodies back, they're usually aiming for the post-pubescent, pre-pregnancy body. Somehow, that minority body becomes not just the ideal body but the authentic body, the one that most accurately characterises who you really are inside. But why on earth should that particular body — the one that has done so much less than you have — be the 'real' you?"

The ideal of masculinity emphasises three Bs: bedroom performance, breadwinning and bodies.

The same thinking can be applied to men wanting their post-pubescent body back – that body that had little idea how to navigate alcohol, stress or sex. It may look closer to the ideal, but it doesn't hold the wisdom our current bodies do. Our bodies grow with us through the decades. They don't desert us, yet we often want to abandon them as they age.

MAKE-UP DILEMMA

When we talk over Zoom, it's a sunny evening in Cambridge and Chambers has just finished rowing. She's not wearing make-up (nor am I as it's 7am and, after reading her book, I feel free to do nothing but brush my hair). I ask if she ever wears cosmetics. "Generally, I don't, but as an academic philosopher, most women don't wear make-up."

Chambers makes an argument that the "natural" make-up look – something pushed by every second department store or women's magazine – is participating in shametenance. We want to wear it to cover up perceived blemishes, or to be seen as more attractive, but we don't want anyone to know it.

She cites Lancôme's nude make-up look that uses 20 products and 15 steps. "Wearing make-up requires shametenance. Those with faces close to the dominant, Westernised ideal feel pressure to do less to be acceptable, but for a lot of women, a brush and a wash is not enough."

The Ziggy Stardust style of creative make-up many Gen Xers or the likes of US make-up artist James Charles are playing with is more honest, she argues. There's no shametenance pretending the blush and eyeshadow are not there. It's clearly there.

But each to their own. Chambers doesn't like to dish out advice because "philosophy is about showing different sides to an argument and looking at them so thoroughly there's scope for every individual to take out what they need."

If she does feel like wearing make-up, she says, "I wear bright lipstick to say, 'Look, I'm wearing make-up.' I'm not pretending I'm not when I am. It's about trying to lift some of the secrecy and shame."

She talks of the cage of beauty, and how the current norm is that "all women should try to be beautiful, but no woman is ever beautiful enough".

Women of all ethnicities have been raging for decades against beauty norms, and the pressure to conform. But the same pressures that men face are not talked about enough.

Chambers draws on sociologist Scott Melzer, who argues that the ideal of contemporary masculinity emphasises three Bs: bedroom performance, breadwinning and bodies. Men are expected to be dominant in the "Bs" at different life stages. For boys, the body is the most important – looking tough and strong. Once a young man, the focus is on the bedroom — not so much enjoying sex, but performing it well (no matter what your sexual orientation). When adulthood arrives, the burden of being the breadwinner becomes dominant.

"According to Melzer, young men who are not succeeding at sex, and men who are not succeeding at breadwinning, often try to compensate by emphasising the physical aspects of masculinity: the ideal of the manly body. Focusing on the body as a compensation strategy may take relatively benign forms, such as sports or gym work or natural bodybuilding, or it may take highly damaging forms, such as domestic violence, dangerous steroid use or starting fights."

When men fail at masculinity – as they unavoidably must within these confining cages – a common response, says Chambers, is internalisation. "Rather than attribute their failure to live up to the requirements of masculinity to the impossibility of that ideal, or to uncontrollable socioeconomic circumstances such as recession or austerity

Toxic masculinity: men also struggle to meet impossible ideals of how their bodies should look.

politics, men who internalise locate the source of failure within themselves."

Because we're all aiming too high, we're all failing, she says. "This vulnerability is a serious public health issue on a global scale." The pressure to modify leads us to both over- and underemphasise our bodies. "We overemphasise how they appear from the outside – how they look, how they compare, where they rank – and we underemphasise how they feel from the inside, what it is to live in and through and as our bodies."

THE BODY POLITICAL

Having spent two years working for the Cabinet Office in the UK early in her career, the mother of two doesn't just waft about her principled pen; she sits on boards and committees, speaks up in the media, and likes to inform policy where she can. After her book on marriage came out, she convened a conference with politicians, scholars, lawyers, policymakers and those campaigning for civil partnerships, where they hashed out changes needed. She says there's "been a lot of good" in the movement.

There have been campaigns in the UK and Aotearoa to get stickers put on Photoshopped images in advertising to reduce body shame but, sadly, they don't work. Research shows they make it worse because people look at the non-Photoshopped image and think, 'They're *not* Photoshopped and they look that good'. It has the opposite effect.

Intact is not a self-help or "bopo" (body-positivity) book. It's a means to look at all the ways the body exists as a political statement and how the cultural structures we live in – especially in Westernised cultures where creating body shame and hatred is a profitable business – affect all bodies in different ways. "We do things through our bodies, and we do things to our bodies. We live in and with them. But the body is also the site of political meaning and the surface on which we're expected to inscribe our identities. Its appearance gives or denies access to various positions of privilege, membership of social groups, indicators of esteem. And the dominant message of many contemporary cultures is your body is not good enough and it needs to be changed to meet standards of who you should be."

"If we have proper, diverse bodies in advertising and on screens, that would make a big difference."

So what can we do about shametenance and self-hatred? "What seems to make a difference, looking across all the evidence, is not having a homogeneous diet of bodies always fitting into the same parameters, or maybe very different in one constrained way like skin colour, but fitting other ideals. You might have a model who is larger, but she'll have very smooth skin or be very young. Or an older model, but she must be very thin. If we have proper, diverse bodies around us and in front of us, in advertising and on screens, that would make a big difference."

As for what individuals can do, she hesitates. "I don't want to say, 'Stop modifying your body.' We all have the right to engage in our bodies creatively, and adorn them, and enjoy making them look a certain way. For some, it's easy not to engage in body modification and for others, it's not, and a costly exercise – skin lightening or the trans experience."

Chambers doesn't want any individual to be shamed if they do or shamed if they don't. Like all good philosophers, she wants individuals to question the systems that oppress. "If we're all feeling bad about our bodies, then it's not our bodies that are the problem." ▮

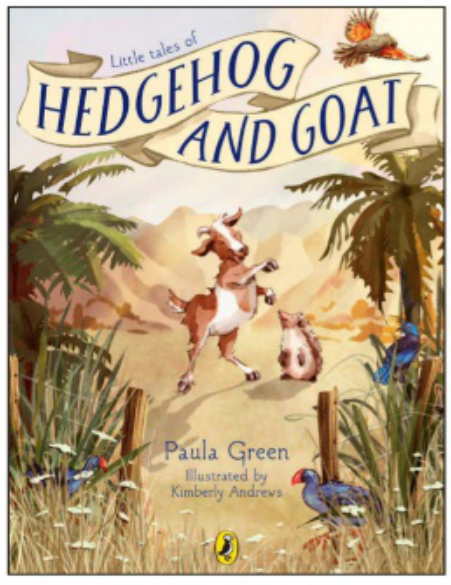
GETTY IMAGES

Spreading the joy of words

Poet and children's author Paula Green has produced two new books while coping with a rare blood cancer, and now a bone marrow transplant. **by LINDA HERRICK**

Under normal conditions, West Auckland writer, poet and blogger extraordinaire Paula Green would be travelling around the country right now introducing her two new books to her most ardent fans: schoolchildren.

Roar Squeak Purr: A New Zealand Treasury of Animal Poems, edited by Green, is a handsome, whimsical illustrated collection of poetry by children and notable "grown-up" writers, including its editor, which was published this month.



The other book, also out now, is *Little Tales of Hedgehog and Goat*, an illustrated story about adventure and friendship aimed at readers aged six and over.

The format of a novel is a first for Green, who received the Prime Minister's Award for Literary Achievement in Poetry in 2017, the same year she was made a member of the NZ Order of Merit for services as a poet and to literature.

Hedgehog and Goat slipped into the world quietly. When Green received her advance copy, she was a long-stay patient in Auckland City Hospital's Motutapu Ward, part of its haematology and blood services, undergoing a bone marrow transplant to treat myelofibrosis, a variant of blood cancer.

"I was sitting in the hospital by myself with this new book and I felt like I was launching it with the nurses," she says. "They got to see it and engage with it."

Green, 67, moved into Motutapu on June 11, and returned to her home in Te Henga/Bethells Beach on Auckland's west coast five weeks and three days later. She is now in cautious recovery mode, returning to the hospital for day care at least once a week.

She must live in near-total isolation until the end of the year, cared for by her partner, artist Michael Hight, and their two adult daughters, Georgia and Estelle, who are all providing "terrific support", she says.

Because her immune system has been stripped out by the transplant, the house has to be as clean as a whistle. Pets, such as Estelle's pup Pablo, are off limits, as are visitors.

Green doesn't have the energy yet for phone calls, although she made a generous exception for this interview, requested via email before I realised she was ill. Our two 30-minute calls, a week apart, were kept as tight as possible.

Before the transplant, Green had been unwell for years. She had polycythaemia vera, a type of blood cancer.

She had to have her blood occasionally replaced, and although it was stable it eventually developed into myelofibrosis, an uncommon type of bone marrow cancer that disrupts your body's normal production of red blood cells.

"It got to the point where it was exhausted, the marrow got fibrotic and it wasn't up to the job any more of producing red blood cells," she explains.

She had to decide whether to enjoy

Unstoppable: Paula Green has a new poetry book out and her first foray into writing a children's novel.

whatever life she might have left, or opt for a 'high-risk, high-reward' bone marrow transplant.

"With the sort of cancer I had it's even more risky and you can't use your own cells. With some bone marrow transplants you can. But I had to use a donor. That was quite astonishing, really, that there would be someone out there who would be compatible and they would go through the procedure. A youngish person in their 20s provided the cells for me, which I just found a miracle, that they would do that."

Green prepared carefully for the move into Motutapu, a state-of-the-art ward with 30 single rooms designed by Klein Architects, built in 2013-14 for $3.4 million. With huge "supergraphics" depicting coastal and bush scenes in the bedrooms, patients are allowed to add their own touches, such as putting photos on the wall.

"I set it up so I felt at home," she says. "I had a great room that looked out at the harbour and Rangitoto. I felt really galvanised and I

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also had sessions with a health psychologist who was talking through all the strategies I had. I felt I had strengthened my mind and I had packed my bags."

Nevertheless, the procedure was harrowing. "In the first week, you get blasted with as much chemotherapy as you can tolerate. Then you get the infusion of the new stem cells, and then it is a waiting game."

The side effects, as most people know, are ghastly. "I was getting so much medication, you feel nauseous. Everything about your body is compromised."

But eventually Green pulled through. Her consultant was astounded when he popped in one day to find her playing Scrabble.

"It was hard for me to do it," she recalls. "But it took me to another place. I couldn't read that much but I read children's books and I listened to audio books a lot. It didn't matter if I drifted in and out of sleep."

When she returned home, Green left the rigours of her time in hospital behind her.

"I brought home the most wonderful warm memories, and that was all to do with the staff, my relationship with the nurses and the doctors, my transplant team. I was there, on the coalface of our stretched health system, and there was always that patience, warmth, and consideration, and listening to you, every time I needed something."

'DEEPLY PERSONAL'

I first met Green in 2010, when I was working at the *NZ Herald* and she came into the Auckland offices to talk about her new book of poetry, *Slip Stream*. The collection, about having a partial mastectomy in North Shore Hospital, was "written from that little core inside me, the fear, so it is deeply personal", she said at the time.

She also commented that she would never deal with cancer as if it was a battle. "I have never used war jargon to talk about my relationship with cancer."

"My English teacher said to me, 'You will never get any work anywhere in the world writing like you write.'"

I was struck then (as I am now) by her courage, her sense of humour and her bluntness – which led to a nurse writing in capital letters on her chart, "DIFFICULT", because she stood up for herself.

Green is protective of her privacy, especially when it comes to family. But now, briefly, she does share some glimpses of her past – as they relate to her vocation as a writer.

Green and her family (she has two brothers and a sister) lived in Whangārei and its small northern neighbour, Kamo, during her school years. She attended Hora Hora Primary and Whangārei Intermediate, then, less happily, Kamo High School.

An avid reader, she loved the family's weekly visits to the library, and would always come home with an enormous stack of books.

"I am quite private and shy but, like lots of writers, once we get on stage we come alive. I was constantly performing as a little girl, putting on puppet shows, making up plays, roping in all my friends and siblings and cousins."

Performing, she notes, is another way of playing with words.

"I've been thinking about that and how important it was, growing up. I was a hungry learner. I loved going to primary and intermediate schools. I had a poetry teacher at intermediate school who was amazing. I can't describe how passionate I was about books and learning and being at school – but I was also really awkward socially. I was a bit of a misfit."

Green's confidence took a terrible knock when she was in Year 12 at Kamo High School.

"My English teacher said to me, in front of the whole class, 'You will never get any work anywhere in the world writing like you write.' I felt like she had punched me in the gut. It really affected me – I sort of believed her. I failed sixth form; I failed school. I felt like a failure and I somehow rebuilt myself after that."

Green spent the next three years

Above, Green with daughter Georgia, partner Michael Hight, daughter Estelle and Pablo the dog. Opposite page, Green has published 17 books.

travelling around New Zealand, "living and writing, never with the aim of being published, never claiming myself as a writer".

In the mid-1970s, she went to Wellington Teachers' Training College, where Jack Lasenby, the beloved children's writer and *School Journal* editor, was one of her teachers. "It was the heyday of education – I learnt so much."

Green taught for two years, then moved to London, "which is where I met Michael".

That connection, with fellow Kiwi Michael Hight in the mid-80s, the man who would become her life-long partner – "I could never picture myself as a bride," she laughs – was a turning point for both of them.

"It was when I was in London that I realised I wanted to be a writer and Michael knew he was a painter. We wanted to be together but it had to be on those terms. I would write and he would paint and our lives would take those choices into consideration even if we were poor for the rest of our lives."

PENCIL SCRATCHING

The couple returned to New Zealand in 1986, shortly after the Chernobyl disaster, which led to very real fears of radioactive drift across Britain.

Back home, Hight – now a highly regarded artist – painted, while Green began studying for a degree in Italian literature at the University of Auckland in 1989.

Her academic path eventually stretched into a master's, then a doctorate, her studies supported by scholarships.

Contrary to her teacher's predictions, Green has become a writer people want to read, publishing 17 books, including the two new ones.

Her first collection of poems, *Cookhouse*, was published in 1997, followed by seven more poetry books for adults. Her debut children's book, *Flamingo Bendalingo: Poems from the Zoo*, illustrated by Hight (2006), was wildly popular, as was their 2009 partnership on picture book *Aunt Concertina & Her Niece Evalina*.

"My aim was to get every child's pencil scratching and get them filled with the joy of what words can do."

Green has also edited anthologies, including *A Treasury of NZ Poems for Children* (2014), a companion to *Roar Squeak Purr*, incorporating poems by children and adults, with both books illustrated by Jenny Cooper.

When she left university, Green set up her blogs – first, Poetry Shelf, for adults, then Poetry Box, for children, as hubs for poems, news, interviews and discussion. Poetry Shelf is "asleep" until she recovers, but Poetry Box is now back online.

Flamingo Bendalingo was the gateway for Green's enormous popularity in schools, visiting classrooms and libraries via Storylines and the NZ Book Council.

"I wanted to go into schools and show that poetry could activate the most reluctant young writer and advance the sophisticated writer. My aim was to get into that room and get every child's pencil scratching and get them filled with the joy of what words can do." For now, all of that is on pause. Green is reading voraciously, trying to eat a little more, take all her meds, build up her strength, sleep as much as she needs.

"Things can happen to me over the next year, so I don't see the point of projecting into the future. The road ahead of me is uncertain. I just focus on the day. If you do that, you can have a day full of joy and pleasure along with the difficulties."

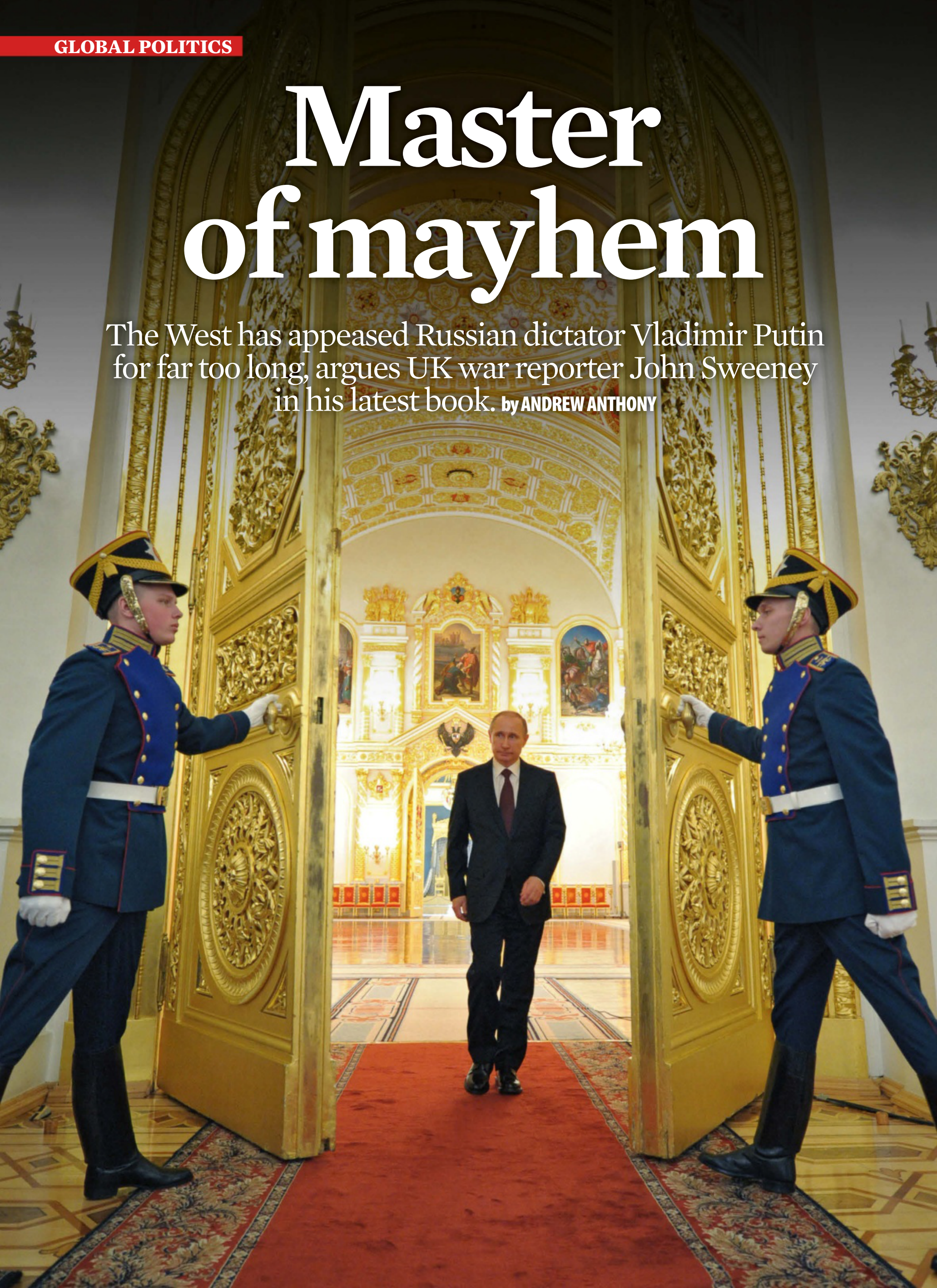
On the day I wrote this story, Green emailed me to say she had just had her first "real" walk since leaving hospital: 23 minutes along the beach. "So beautiful and refreshing." ▮

Little Tales of Hedgehog and Goat *(Puffin, $19.99)*; Roar Squeak Purr *(Puffin, $45)*

PAULA GREEN FAMILY COLLECTION

Master of mayhem

The West has appeased Russian dictator Vladimir Putin for far too long, argues UK war reporter John Sweeney in his latest book. by ANDREW ANTHONY



That Vladimir Putin is a ruthless tyrant with blood on his hands is not exactly a revelation, but few writers have made the case with as much passionate conviction as former BBC reporter John Sweeney.

As the war in Ukraine seemingly worsens by the day, it's sobering to be reminded of the litany of crimes, both domestic and international, committed by the Russian President. In his new book, *Killer in the Kremlin*, Sweeney highlights the fact that any citizens who oppose Putin are likely to be defenestrated, suffer a mysterious poisoning, get shot or, if lucky, end up doing a long prison sentence.

Sweeney has followed Putin's career since before his appointment as Russian President at the turn of the century. It's a path that is filled with death and destruction on a terrible scale, from Chechnya in 2000 to Ukraine 22 years later, but it also features a great many brave individuals and their inevitable targeting. They include people such as the former secret agent Alexander Litvinenko, killed by polonium poisoning in London in 2006; Anna Politkovskaya, the courageous investigative journalist who was shot dead the same year; and Boris Nemtsov, the charismatic opposition leader who met the same fate just outside the Kremlin walls in 2015.

Sweeney, who met Politkovskaya and Nemtsov and knows Litvinenko's widow, names more than 30 other figures who have been poisoned, shot, fallen from tall buildings, or died in other unlikely ways. All of them, he says, have paid the price of challenging Putin.

He is in Kyiv when we speak on Zoom, a city in which he's been mostly based since the Russian invasion of Ukraine. "It feels like being an American reporter in London in 1940," he says. "I'm willing the Ukrainians to win, to survive Vladimir Putin's killing machine, and they're doing very well."

Sweeney, who is a former colleague of mine at the *Observer* newspaper, has a reputation in journalist circles as something of a maverick. He doesn't lack courage or tenacity, but is also someone who brings an unconventional approach to news-hunting – he gained online notoriety for screaming at a dissembling Scientology spokesperson (there's a disturbing clip on YouTube, tinyurl.com/NZLSweeney).

Opposite page, Vladimir Putin in the Kremlin in 2014. Above, John Sweeney on the Dnieper River in Ukraine.

In many respects, he seems to embody the self-mythology of war reporters. He sports a thick, slightly unkempt beard and is nursing a hangover when we speak. At least he isn't wearing his lucky orange beanie that features in much of his online reporting.

But it would be wrong to mistake the image as a pose. He's done the hard yards in his reporting from Russia, as well as from many war-torn countries. He also made an enemy of Putin by confronting him in 2014 about Ukraine, after Russia annexed Crimea, and he was detained last time he was in the country.

"The West overreacted to al Qaeda and Islamic State and consistently underreacted to the problem of Putinism."

While the Ukraine war has exposed Putin to the West's open opposition, much of the territory that Sweeney visits in the book remains concealed in the shadows, the natural habitat of rumour and supposition. For instance, no one knows exactly how significant Russia's role was in bringing about Brexit.

As Sweeney states, there were 11 meetings between the Russian Embassy and the Brexit pressure group Leave.EU, but we don't know the content of those meetings. We can only guess. Nevertheless, he remains "passionately" convinced that the Kremlin helped fuel Brexit, as well as Donald Trump's victory.

Putin was certainly happy to have the former reality-TV star as American president, but was Trump the subject of a kompromat sting involving Russian prostitutes, as Christopher Steele, the former MI6 agent, maintains? Although Sweeney can't know for certain, he writes: "I suspect that his report was most likely true."

CRITICS SILENCED

As far as the veteran reporter is concerned, Russia and the West have been at war for more than 15 years. For most of that time, however, only the Russians have recognised this. It wasn't until February this year, when Russian tanks rolled across the Ukrainian border, that the West finally took the threat seriously, he says.

The origins of this conceptual imbalance, Sweeney argues, lie in George Bush's and Tony Blair's "War on Terror", when the West was so fixated on Islamist terrorism that Russia was viewed as an ally.

"They wanted Putin's co-operation," he says. "The West overreacted to the problem of al Qaeda and Islamic State and consistently underreacted to the problem of Putinism."

Putinism, he says, was itself a system of terror right from the outset. He outlines compelling evidence to suggest that the Moscow apartment bombs in 1999, when Putin was Russian prime minister, were orchestrated by the Russian secret state to initiate a war on Chechnya. Three hundred and seven Muscovites were killed by

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From left, one of the notorious apartment bombings in Moscow in 1999; the wreckage of flight MH17, shot down over Ukraine by Russian separatists in 2014; a Ukrainian woman reacts to Russian shelling in the city of Irpin in March this year.

GETTY IMAGES

a series of bombs that were planted in the capital's apartment blocks and said by Russian authorities to be the work of Chechen separatists.

"The Moscow apartment bombings were Vladimir Putin's original sin," he writes, "and any Russian who dared to investigate them lived in mortal danger."

On top of that, he believes the 2002 Moscow theatre hostage crisis, which ended with 170 people dying, and the Beslan school siege, which saw 333 hostages killed, may also bear the fingerprints of Putin's agents. These allegations are not new, but Sweeney attempts to join the dots to create a picture of a cold-blooded pathological killer who will stop at nothing to gain and retain power.

Yet such plots would have required large-scale conspiracies if they were to be successfully executed, so extensive that Western intelligence agencies would surely have been aware of them. He believes it's likely the security services informed Western governments of Russian state collusion, but again attributes the West's silence while a devastating war was launched on Chechnya to the wish to maintain good relations with Russia.

In any case, he says, anyone who looked too closely (for example, at why Russian secret agents were caught by Moscow police apparently rigging another apartment block with explosives) soon ended up dead.

Sweeney met a number of distinguished Russians who, as a result of their activism, are no longer alive. Look at the fate, he says, of two high-profile journalists who tried to investigate the apartment bombings: Politkovskaya and Yuri Shchekochikhin. "Anna was poisoned and then shot dead, and Yuri died after being poisoned."

Those murders served to discourage further poking around, but Putin also quickly moved to shut down independent media and create a parallel world of state propaganda and incontestable misinformation. Nowadays it is a crime to speak of an "invasion" of Ukraine. Officially it is a "special operation", and protesters against the war have been swiftly imprisoned.

"Having been detained by the Russian police, I understand the level of fear that the Kremlin can use."

"Having been detained by the Russian police and followed pretty much the whole time I was in Russia, I understand the level of fear that the Kremlin can use to shut people down," Sweeney says. "So I don't necessarily hold with the idea that this war is supported by the majority of Russians. And I don't think Putin is anywhere near as popular as the opinion polls suggest, because I don't trust the opinion polls."

'ON THE HIT LIST'

As much as he is keen to take a strong moral stance on issues like freedom of expression, Sweeney isn't the kind of journalist to rise above scurrilous gossip. His book examines various rumours about Putin, including the theory he was illegitimate, and that he is bisexual. It also repeats the allegation, made by Litvinenko after the Russian leader was filmed lifting up a young boy's vest and kissing his stomach, that he is a paedophile.

He acknowledges there is little evidence to support any of these contentions, but he can't resist a good story. He also believes it was Litvinenko's decision to publish the accusation of paedophilia that led to his poisoning. With that in mind, will he now be checking his tea for radioactive substances?

"I think the list of enemies is too long," he says. "I'm on the hit list, I'm sure, but I think I'm number 948. I'm very grateful for the Ukrainian army to be occupying the Russians with other things."

Having fallen out with BBC management, which saw him lose his job at the flagship documentary show *Panorama*, Sweeney is now a freelancer, appearing everywhere from TikTok to the *Jewish Chronicle*. There's quite a bit of first-person reporting in his journalism, and in his book Sweeney often describes himself as being under threat, whether from Russian artillery in Ukraine or from Putin's goons in Russia.

It's not a narrative for those who prefer dry, detached reporting. But it helps make the point that what the author volunteers to put himself through is something over which millions of others have no choice.

While there is a great deal of understandable condemnation of Putin throughout the book, there's no solid answer to the question of how the West should handle him now and how it should have done so in the past.

Given that even biting sanctions do not

appear to have dulled his appetite for warfare, what is the answer?

"They should have imposed serious sanctions against Putin in 2006, when they used a weapon of mass destruction to poison a British citizen, Litvinenko. Instead, they gave him the slap on the wrist of expelling a few diplomats. Having failed in 2006, they should have acted in 2014 [the annexation of Crimea, incursions into the Donbas and the shooting down of MH17, in which 298 passengers, including New Zealander Robert Ayley, and crew were killed] and again in 2018 [the poisoning in Salisbury of former Russian intelligence officer Sergei Skripal and his daughter Yulia]. And Europe needed to get off its reliance on Russian gas and oil."

EUROPEAN NAIVETY

In hindsight, it is pretty extraordinary just how complacent the British were after Litvinenko was killed with polonium-210.

Sweeney followed the polonium trail across London and shows that Litvinenko was the subject of at least two, and perhaps several, attempts to kill him, stretching back weeks. Among other things, they involved a millionaire former KGB officer, and a former porn star turned KGB officer.

The book is full of these sort of bizarre details. Litvinenko's killers contaminated everywhere they went, including restaurants, hotels, and Arsenal football stadium. It was an astonishingly brazen attack on another country, reminiscent perhaps of France's sinking of the Rainbow Warrior in Auckland in 1985, but not nearly so specifically targeted.

As Sweeney says, the British response was, indeed, extremely timid, and no doubt informed by the fact that London had become the world's chief launderer of the Russian oligarchy's dirty money.

Perhaps even more egregiously naive and short term has been Europe's, and in particular Germany's, dependence on Russian gas. The continent is currently throwing its energy plans into reverse as it scrambles to find replacements for the gas that Russia has cut off, under the guise of doing maintenance work on the Nord Stream pipeline that runs under the Baltic Sea.

It is democracy's demise that Sweeney most fears. "Our democracies are in peril because this man makes chaos."

It's a high-stakes piece of economic extortion, because, whatever happens now, Europe will never again rely on Russian energy. In attempting to break Europe's will to maintain sanctions, Putin has destroyed a vital market forever.

Some observers wonder whether the Russian President is suffering from a terminal illness, so self-destructive is his approach to international relations. Sweeney explores the rumours – Putin's said to be battling several different cancers, depending on the stories' origins – but doesn't come to any firm conclusions. No one seems sure if his waxy facial appearance is the result of Botox injections or steroid use as part of an oncological treatment.

Of course, were he actually facing imminent death, it would conceivably increase the chance that he might do something even more rash than invading Ukraine, by making use of his massive armoury of nuclear weapons.

Sweeney doesn't think that's going to happen. "If he pushes the red button," he says, sounding unaccountably optimistic, "someone in the Kremlin will disconnect it."

It's not nuclear apocalypse so much as democracy's demise that Sweeney most fears. "Our democracies are in peril because this man makes chaos," he says.

He is convinced that, sooner or later – and he expects the moment to be hastened by the effects of winter – Russia will be defeated. And that, he hopes, will put paid to Putin as leader.

"Russia gets better after it loses a war," he says. "After losing the Crimean War in the 1850s it abolished serfdom, and after losing the Russian-Japanese war in 1905, it created the Duma, its first effective parliament."

It would be nice to think that not just Ukraine, but also Russia itself, would benefit from a Ukrainian victory. But perhaps the more likely scenario, as things stand, is that the war will reach a kind of stasis in which a major breakthrough will require a military escalation that, for financial and geopolitical reasons, neither side is able or willing to bring about.

Whatever happens, the one reliable prediction is that Sweeney, complete with his orange beanie, will continue to make trouble in the world's trouble spots. ▮

Berthing behemoths

For 23 years, master mariner Joanne Farmer was the only female port pilot in New Zealand. by ALEX STONE

Imagine being put in charge of a vehicle weighing more than 100,000 tonnes, possibly carrying dangerous cargo, valued in the many millions of dollars. Among other things, you're tasked with parking it neatly, without damage, in almost all weather conditions, including the notorious Lyttelton Harbour southerly gales.

Doing this involves an intricate foxtrot (one-two-three, one-two-three) between you and two tugs via shared VHF radio, pushing and tugging at a behemoth with inertia or momentum of a scale bigger than most people can wrap their heads around.

That's the every-working-day life of Joanne Farmer, one of five port pilots at Lyttelton – and, for 23 years, the only woman in the country to hold this role. Recently, Holly Clayton, in Auckland, has joined her in one of the last male bastions.

How is this so? Surely a woman's touch can be just as delicate, and accurate – perhaps more so – as a man's on a ship's wheel? Farmer has no ready answer to this conundrum. But looking at her career so far – her extraordinary dedication to it, and all the sacrifices it has entailed – perhaps explains it.

To become a port pilot, you first need to be a vastly experienced master mariner. Farmer spent 17 years at sea, working her way up from a sea cadet apprenticeship to achieving a foreign-going master's ticket. She worked as a ship's captain for five years. Her first command was a freighter servicing the Colombian Coffee Growers' Federation, carrying thousands of bags of coffee. Then she helmed freighters carrying packaged timber from British Columbia, Canada, across the Pacific to Japan.

This was when she decided it was about time to come ashore. "I had been spending eight months away every year."

But what job gives you both shore and ships? The latter is one of Farmer's primary loves. The former is Lyttelton, where she was born and still lives in the same street, across the road from her parents' home.

Her brother, Peter Stanley, is a pilot at the Port of Cairns, Queensland.

Joanne Farmer: "Slow and steady, no bravado."

CURIOUS MIXTURE

When the role at Lyttelton came up, Farmer immediately took it. But she still needed 18 months of specialised pilot training on top of her previous experience at sea.

"It's tricky getting into the inner harbour at Lyttelton," she says. The big ships are prodded into sharp turns guided by two tugs, one red, one blue, in a three-part, slow-motion ballet of serious gross tonnage. There's a compelling beauty to it all.

The big ships are prodded into sharp turns in a three-part, slow-motion ballet. There's a compelling beauty to it all.

The job is a curious mixture of old and new techniques and blended technologies. While in the harbour, the tug skippers and the pilot share an open VHF Channel 2, with Farmer directing the deployment of the tugs' Azimuth Stern Drive (ASD) propulsion systems, which can instantly – and powerfully – send them any which way. (The ASD system is based on grunty propellers on fully rotating stern drives protruding from rotating discs on the tugs' bottom, rather than conventional shafts and propellers.)

Lyttelton pilots meet or leave the ships 1.5 nautical miles up the fairway, which requires a transfer to or from the ship and the traditional clamber on a rope ladder slung over the high, vertical side of the larger vessel. This is not always easy in a southerly, or in rolling north-easterly swells from across the vast Pacific.

Some of the male pilots have perfected a technique of sliding quickly down the rope ladder, without touching feet to rungs. Farmer eschews such heroics.

The port has five pilots in a roster, with two available every day. Sometimes, they do double duty as tugboat skippers, too.

But the secret to good pilotage, says Farmer, is to "try, as much as you can, not to use the tugs". With cruise ships, this entails deploying their sometimes 10,000hp bow- and 7000hp stern-thrusters.

Things can quickly get complicated. Thirty-five knots of wind is the maximum safe threshold for manoeuvring in the harbour. And once berthed, says Farmer, "quite a few ships blow off the quay". Container ships exposed to 50 knots must be temporarily taken back out to sea. It's more work for pilots – in less-than-salubrious conditions.

Lyttelton's outside berths, including the new cruise ship terminal, are exposed to northeasterlies. The windage of the high, almost full-length superstructure of cruise ships, and their myriad balconies creating wind traps and eddies, makes them especially tricky for pilots and tugboat skippers.

The second secret of piloting, she says, is "slow and steady, no bravado".

DELICATE BALANCE

Traditions of the sea remain intact. The international language of maritime work is English. There's also a delicate balance of power onboard: the pilot is responsible for getting the ship into and out of the port, but in the event of a real emergency, such as engines failing, the captain instantly resumes command.

Farmer brushes off my question about how she has prospered for so long in a male-dominated environment. "It's 40 years since I first went to sea, so I do know the ropes. You just get on and do the job – just show them you can do it. And besides," she says with a laugh, "I'm bigger than most of them."

Farmer still holds on to her love of small boats, engendered from her youth sailing Sea Scouts cutters in the flooded volcanic crater that is Lyttelton Harbour. She's owned a Farr 9.2 keeler, and is the guardian of Awatea, a converted fishing boat.

She's also looking forward to retirement, and a life beyond berthing behemoths. And maybe spending more time with her new husband, Craig Farmer, a mussel farmer based in Rakiura/Stewart Island. She had just returned from her surprise wedding on the island when I spoke with her.

It will be a retirement well earned – now that she has charted a course for others so well. ▮

LEGENDS AFLOAT

Joanne Farmer's sailing pedigree is reflected in a new book, *Sailing in a Volcano,* which celebrates the 100-year history of Lyttelton's Naval Point Club and its predecessors. The book rebalances the usual focus on Auckland and its yachties with tales of many great sailors from Canterbury, such as Farmer. They include legends such as Olympic gold medal winner Peter Mander and silver medallist Leslie Egnot; Olympians Andrew Brown, Melinda Henshaw and Shelley Hesson; OK dinghy world champions Peter Lester and Matt Stechmann; R Class heroes Steve and Paul Macintosh; disabled world champion sailor Andrew May and many more, including boatbuilder and designer Dave Elder.

The book records half-forgotten history, such as the Canterbury tilt at the Little America's Cup in 1974. And some painful memories, such as Lyttelton's Bad Friday on October 13, 2000, when the club marina was destroyed. A quote from that day from a yachtie's wife, "… rush to Lyttelton. The barometer's dropping fast. It's blowing its tits off."

Sailing in a Volcano, *by Nick Tolerton, Wayne Nolan and Mandy Nelson (Naval Point Club, $69.99).*

Disabled world champion sailor Andrew May.

GETTY IMAGES

What the magpie says

CATHERINE CHIDGEY'S new novel, *The Axeman's Carnival*, takes a bird's-eye view – literally – of the lives of an unhappily married couple on a sheep farm in Central Otago.

A long long time ago, when I was a little chick, not even a chick but a pink and naked thing, a scar a scrap a scrape fallen on roots and wriggling, when I was catching my death and all I knew of sky was the feel of feathers above me, the belly of black as warm as a cloud above me, when I was blind, my eyes unsprouted seeds, my eyes dots of gravel stuck under skin, when I was a beak opening for nothing nothing nothing, she lifted me into her pillowed palm. My siblings cried out as she carried me away, calling from our nest high in the spiny branches: *Father! Father! Where are you? Come back!* My mother called for him too, her voice frantic and afraid – but he, hunting for food, had left us all unguarded.

That first day she sang me a strange human song as she packed me into a slippery box punched with holes for air. *I love you, a bushel and a peck, you bet your pretty neck I do* ...

Then came another voice, deeper than hers, and it was a voice I knew already, a voice I remembered chopping its way up our tree and into our nest of sticks and wire and wool. Shaking us in our shells. *Come away*, and *Get in behind*, and *Dutchie, Dutchie, ya mongrel*. She stopped singing to me about pretty necks then and said, "You're not to touch him."

"Haven't you learned your lesson, babe?"

"I said you're not to touch him."

The box tilted and bumped and I was all claws in search of something to hold.

"I'm just looking."

Their breaths on my bareness, raising featherless bumps. A snort that I felt as a shock, a shove.

"It's got no chance."

"Give me the lid. He needs to rest."

"Well, for Christ's sake, don't name it. And don't come crying to me."

I wanted the membranous press of the egg; I wanted back in my shell. In my shell I understood my own dimensions, how I curled leg to breast and beak to wing, how I filled the wide world. There I heard my mother talking about the sun and the wind, which could parch us and pummel us, and I felt her tidying the nest, cushioning every corner, pushing away sharpnesses that might hurt a hatchling. I heard the songs of my flock, too, and when they all sang at once I felt the notes blood-deep. At the tip of my beak, a bony spike: an egg tooth, aimed at the blunt end of the shell. My sister and my brothers spoke to me from within their speckled planets, telling me to let in the air, to take my first breath in the soft close dark so that I would be ready. I listened to their hammering, all three of them breaking stars in the sky. "Now?" I asked. "Now," they answered, and I began to shift my body, to move as they too were moving.

GETTY IMAGES

In the slippery box I lay like a stone, and she touched me to check if I had died. Then she cupped me under her hand, and when I was warm again I began to beg. Whatever she brought in her little syringes, minced and mashed and measured, I swallowed. I was a hole of hunger and I shouldn't have survived, but she stroked my spine with a single fingertip and said, "What shall we call you?" Back then I did not know light and could not know light and I thought, when I opened my eyes, that her hand was my mother. A day or two later, I saw her hair as feathers, black against the white of her temples and shoulders and neck, and I knew that she loved me.

"Oreo?" she said. "Sushi? Domino? Or are you a Panda? Or a Puffin? No, that's confusing." She picked up the lid of the box. "Vanilla Choc Chip?"

He peered in at me too, his riverstone eyes red-rimmed, scratched with broken veins. Hair a dirty yellow. His face tanned but the squint lines white. "You know if it keeps me awake I'll have to wring its neck."

"It's just until he's old enough," she said. "Then I'll let him go."

"And what about the mess?"

"I'll housetrain him."

"Marnie, it's wild. You can't housetrain it."

"Yes you can, kind of, when he's a bit older. I've been reading online."

"It won't be staying that long, though."

"Mmm."

"If you keep it that long its parents won't take it back."

"If I return him during nesting season they'll swoop me."

Tufts of downy feathers grew as soft as dandelion fluff, and spiky pinfeathers, spiky blood feathers. Oh, I was a scruff of a thing, patchy and mismatched, a little branchling only a mother could love. I perched on her finger as if it were my home, and she held me to her chest and hummed, and I felt myself taking shape, shuddering into life. I started to flap my wings. To realise what they were for.

The slippery box was in the hot-water cupboard and the hot-water cupboard was in the laundry with its shelves of sprays and poisons and its white deep-freeze. Beyond the window, the paddocks of sheep, hundreds of them, thousands, chewing and shitting and turning themselves into meat, and the single eucalyptus trees and the stands of poplar, and the vast dark pines on the hillside that stretched their branches full of needles and blocked the sun and the wind and cut black shapes from the air. Higher still, the mountains where no trees grew. And inside the cupboard the old towels ragged at the edges, and the flannelette sheets worn smooth from the rub of bodies, and the hot-water cylinder that whooshed and ticked, a hot heart. She left the cupboard door open a crack when she put me to bed, so I wouldn't feel too cooped up, but I wasn't to make a break for it, did I understand? I was still small. It was still dangerous.

One night I saw him through the crack. I saw him. He opened the deep-freeze and shouted, "I'll get it, babe. Do you want Boysenberry Ripple?" He chipped away ice. Shifted frozen sheep legs. The hot-water cylinder heaved and hissed. In the distance another voice: *Any lingering showers will clear by late morning, with a high of sixteen*. Then he had a box, a slippery blue box just like the one she'd kept me in, and he was pulling off the lid and scooping out something bloody, a mess of veins. I saw him. Dropping it into two white bowls. Thud. Thud. Licking his monstrous fingers. I must have called to my siblings to save me, I don't remember, I saw him with his box of dead birds, slippery and dark red, and the pine trees huge in the evening. Then the crack opened and she said, "What's all this racket?" and I must have kept calling to my siblings, *Help me, find me, save me*, and I fluttered to the bareboard floor and hid behind the cylinder in the downy dust.

She said, "It's all right, it's me. It's Marnie. Marnie's here."

And I understood that the sounds she was making were not just sounds: they held a meaning, the way my own tongue held meaning.

And when she lifted me and held me I saw that the box of dead birds was not a box of dead birds, but still I did not trust him, and again she said, "Marnie's here. Marnie's here."

And I knew what she meant.

From the windowsill I could see my flock in the distance, and hear them, and I tried to tell which birds were my magpie mother and father: little bits of black and white, dark and light, too far away. One day I thought I heard them singing for their lost chick, but every family lost half their chicks, and all parents sang for them, and the voices might have been the voices of someone else's parents.

I saw the new lambs through the window as well, shaky on their new legs, tails fluttering as they drank from their mothers. And I saw him collecting the dead lambs and throwing them into the cage on the back of his quad bike, and the dead mothers too.

"Isn't it old enough yet, Mar?" he said.

"Not yet," she said.

I walked before I flew, lurching left right left across the waxy floor.

"Just like a drunk," he said.

"Just like a toddler," she said. "Baby steps, baby steps, little boy."

I flapped my way to the seat of a steel stool, and then to the top of the slick deep-freeze. Put together all wrong for this smooth world, I skidded and slid. When I came to a stop at the windowsill I thought I could step through the glass, that mysterious slice of nothing, that trick of the light. He let me crash into it not once but three times, though she held her hand to her mouth, because I had to learn, didn't I, and the best way to learn was by making a painful mistake.

"Told you," he said as I staggered back from the thing I couldn't see. "Just like a drunk."

He put shapes on the windowpane for me, though: bird silhouettes that looked as distant as the sky. I watched her peg the washing to the clothesline, watched it turn in the hot nor'west wind, scree, scree, scree.

I knew he would make her take me back to the pines on the hillside when I was old enough, and I wanted to leave and I wanted to stay. She picked me up and zipped me into the front of her jacket where it was warm and dark as love, and I began to warble against her, trying out my voice.

She said, "A bit longer."

He said, "It's not natural."

She said, "You owe me."

He said, "Don't start that again."

And perhaps I played at helplessness. Perhaps I trembled my wings and begged open-beaked when she came with her syringes and her soft voice. When she scratched me behind my head. When she folded a jersey into a feather-soft nest that smelled like wool and like grass and like bark and like her. She was so beautiful. *I love you, a bushel and a peck. . .*

They kept the laundry door closed but I knew the house had other doors. That was how houses worked. I heard their footfalls in those shut-off places, their questions

and their pleas: *Are we out of kindling?* and *Have you seen my lighter?* and *Make us a cuppa, there's a good girl.* At night their whimpers and sighs, and every morning and evening, in the room on the other side of the wall, downpours that started from nothing and pelted and gushed in time with the hot-water cylinder until they stopped just like that. And now and then, moving from room to room, the suck and howl of a storm that I thought must surely snatch me and cast me away and away like a seed. I screamed for her when the storm came, and kept screaming until it stopped – again, just like that – and then I lay on my back in her arms and she rocked me and sang to me, *you bet your pretty neck*, and I closed my eyes and recalled the dark of the nest when I was still blind and bare, and the rocking of the branches, and my mother's song.

He said, "It's not a baby. I'm worried that you think it's a baby."

She said, "I know it's not a baby. Babies don't have feathers. Babies don't have claws. Babies don't eat raw meat." She cooed to me, held out her pinky finger for me to nibble.

He said, "If I could undo it I would. You know I'd never hurt you, not on purpose. I'm no monster."

She said, "Who's a good boy? Who's the best boy?"

And I was not the only animal they brought into the house: I heard the orphan lambs that bleated for their mothers, and I saw Marnie mixing up milk for them at the laundry tub, then scrubbing the bottles and the rubbery pink teats.

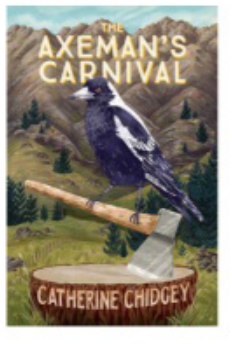
Little by little she began to let me into other rooms – the kitchen, the hall, the living room – following me round with the slippery blue box that I had long since outgrown.

"Do you know how crazy you look?" he said, but she held it under my tail and kept repeating, "Use your box," and whenever I shat in it she fed me a treat because she loved me.

He was always watching her: I remember that. He'd watch her pull off her muddy clothes or brush her long black hair. He'd watch her pick up the feathers I shed, watch her tuck them into her pockets. Now and then he'd sit on the steel stool and watch as she bent into the deep-freeze. "How lucky am I?" he'd say, slapping her flank and smacking his lips. And sometimes she shooed him away, and sometimes she laughed and perched on his knee, then put her mouth to his mouth and fed. And then, laughing, they disappeared down the hall and I heard him: *Marnie, Marnie, Mar Mar Mar*.

That was my first human word, and though I collected countless more it remained my favourite. When the house was quiet and I was alone I practised: *Mar Mar Mar Mar*. I felt the air moving in and out of me, the thrum of the syrinx deep in my breast as I tried to copy the sound. How strange the shape of their language, how blocky and thick. How stunted it still feels compared to my own. I tightened different muscles, vibrated different membranes, flexed my chest and my throat and even my tongue until I got that first word right. Then I collected another, and another. ▮

The Axeman's Carnival *by Catherine Chidgey, Te Herenga Waka University Press, $35.*



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HEALTH
by Nicky Pellegrino

Uneasy atmosphere

Rethinking urban planting and better air monitoring for pollen and spores could help reduce symptoms for seasonal hay fever sufferers.

The warm, wet winter has meant hay fever season arrived early this year and pollen counts are forecast to be high. For about 20% of New Zealanders that means dealing with unpleasant symptoms, such as itchy and watery eyes, frequent sneezing, headaches and dizziness, sore throats and blocked noses.

Urban hay fever sufferers often blame the surrounding countryside for their symptoms, but the latest research suggests that may not be the case.

Philip Taylor, of La Trobe University in Melbourne, was part of a team of international scientists who have studied how far hay fever-causing particles such as pollen and fungi can travel in the atmosphere.

They took air samples at the Amazon Tall Tower Observatory, a base in the middle of the rainforest of northern Brazil which has two research masts, the taller of which is 325m.

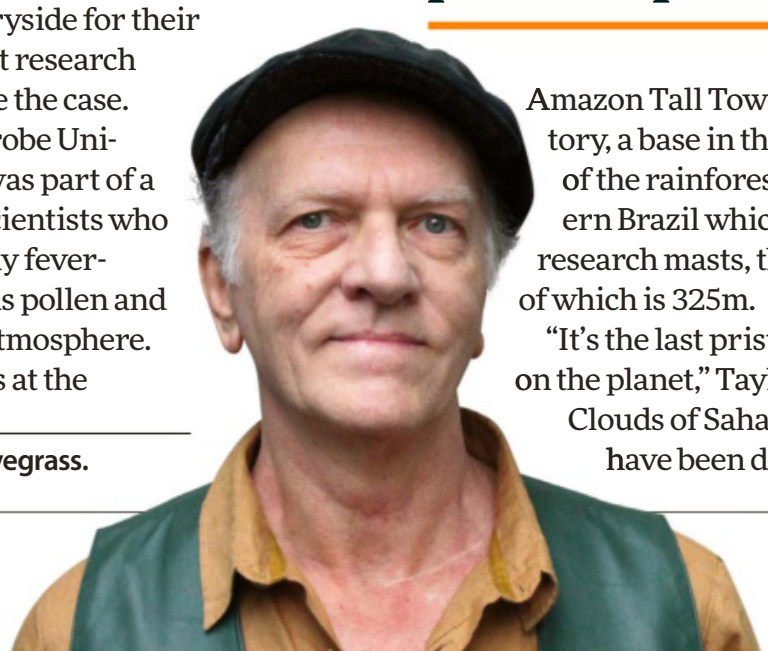
"We've brought in all these plants that aren't adjusted to our environment, which maximises pollen dispersal."

"It's the last pristine air on the planet," Taylor says.

Clouds of Saharan dust have been detected there, having blown thousands of kilometres across the Atlantic Ocean. However, pollen particles are bigger, and the team's sampling showed that rather than rising into the air and scattering over long distances, pollen tends to travel low to the ground.

These giant aerosols generally don't achieve the height required for long-range transport, explains Taylor. "You need a lot of atmospheric force, a convective storm [strong thunderstorm] to make that happen."

Biophysics is telling us that the causes of urban hay fever are most likely to be closer to home, and Taylor points to ryegrass as a particular problem. We use it in our city gardens, parks and sports grounds, as well as in rural areas for animals to graze on.



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Philip Taylor: beware the ryegrass.

"It's the worst of all grasses," he says. "We've moved these plants from the stable, predictable climate of southern Europe to places where the wind blows and we get four seasons in one day. That weather instability leads to pollen being fragmented, causing more allergic reaction."

Although grass allergies tend to be most common, we have also introduced exotic shade trees that have large amounts of pollen, such as plane trees. These appear to cause worse allergy problems than native trees do.

"We've brought in all these plants that aren't adjusted to our environment, which is a great way to maximise pollen dispersal," says Taylor.

He suggests we rethink urban planting, avoiding wind-pollinated species and focusing more on those with sticky pollen grains that attract insects and birds, such as brightly coloured flowers and many indigenous plants.

"You could greatly reduce your exposures right there," he says.

Taylor also believes we could be doing a better job of monitoring what pollens and fungi are in the air, which would make it easier to narrow down exactly what to skin-prick test for.

Rain washes air clean of pollen; levels are higher on warm, dry days. Wind and thunderstorms also influence exposure.

The full pollen season in New Zealand is usually about 34 weeks long, beginning in August with pine. Deciduous trees contribute, grasses dominate in early summer, olive trees, weeds and privet add to pollen load, and fungal spores are in the air in late summer/early autumn.

If you suffer from hay fever (otherwise known as seasonal allergic rhinitis), generally you will have symptoms during the period the plant that you are allergic to is pollinating – with pine that's not for very long but with a grass it may be several months.

Rain washes air clean of pollen; levels are higher on warm, dry days. Wind and thunderstorms also influence how much pollen people are exposed to.

Advice to manage hay fever includes staying indoors with the windows shut on high-pollen days and using a HEPA (high-efficiency particulate air) filter. Avoid open grassy areas, particularly on windy days. Shower and remove clothes after being outdoors. Use a tumble dryer for bedding, towels, etc, rather than drying on the line. And know your allergy relief options – from medications to nasal spray and eye drops.

Allergen immunotherapy can help those with severe symptoms that aren't controlled by medication. This involves desensitising the immune system to the allergen. It is often given by injection, and although there is evidence for long-lasting effectiveness, this is a long-term treatment that is not funded by Pharmac. Plus, symptoms may later return. ▮

HEALTH BRIEFS

COMBO HELPS THE HEART

Using a combination of time-restricted eating (TRE) and high-intensity interval training (HIIT), women with obesity can improve their heart health, according to an Australian study published in the journal *Cell Metabolism*. TRE involves eating all your food for the day within a 10-hour window. The team conducted a randomised controlled trial involving 131 women for seven weeks. Participants in the TRE-HIIT combination group were more able to improve their average long-term blood sugar levels, reduce fat, and increase cardio fitness than TRE or HIIT alone.

AGE & DIABETES RISKS

US scientists say developing type 2 diabetes before you hit 60 increases your risk of stroke, heart disease, cognitive impairment and an early death, compared with developing the condition after 60. The study, published in *JAMA Network Open*, looked at health data for 36,060 US adults aged 50 and older. As the age of diabetes onset increased, the extra risks diminished, the researchers found.

DEMENTIA CLUES

Walking speed and grip strength could be early indicators of dementia before the onset of noticeable symptoms, say researchers from Monash University. Their study of more than 18,000 initially healthy adults, mostly aged 70 and older, taking part in a trial revealed that a combined poor gait speed and grip strength was linked to a 79% increased risk of dementia and a 43% increased risk of cognitive decline. The risk was shown to be highest when gait and grip declined simultaneously.

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NUTRITION

by Jennifer Bowden

Blocked passages

Dairy products have long been accused of increasing nasal and lung congestion. So should you drink milk if you're feeling bunged up?

Question:

I believe it's advisable to avoid dairy products if too much mucus is a problem. Are some dairy products worse than others? Should I take calcium supplements to make up for any deficiency caused by not having any dairy products?

Answer:

Dairy-milk consumption has long been blamed for increasing upper-respiratory tract mucus production. Indeed, the first mentions linking dairy to mucus date back to a 12th-century Jewish physician.

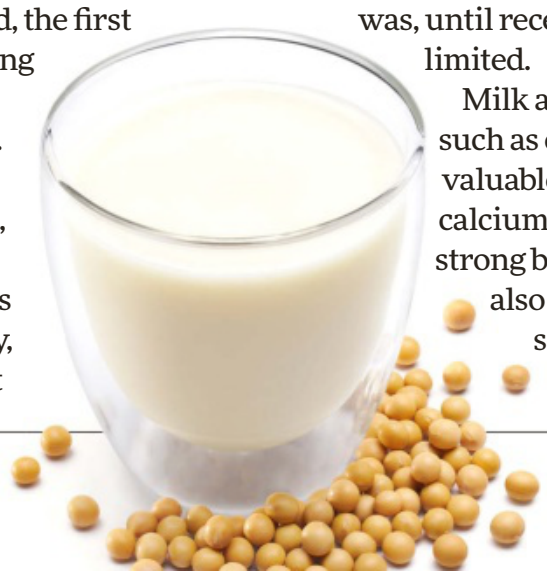
Last century, American paediatrician Benjamin Spock, in his world-famous book on infant care, further fuelled this belief. Despite this long history, quality research on the subject was, until recently, relatively limited.

Dairy milk is a valuable source of calcium, which helps build strong bones and teeth.

Milk and milk products, such as cheese and yogurt, are valuable sources of dietary calcium, which helps to build strong bones and teeth. They also offer a valuable source of protein, some carbohydrates, fats, essential vitamins such as vitamin A, B2 and B12, and minerals such as zinc. So, there are good nutritional reasons to include dairy products in your diet or to find replacement foods that provide comparable nutrients.

Given the benefits of dairy product consumption and the relative scarcity of good research about dairy and mucus production, many clinicians have tended not to support the adoption of a dairy-free diet to reduce this bodily secretion.

However, in 2018, researchers from Hertfordshire, England, published their findings from a clinical trial investigating the effect of dairy on mucus production. Notably, this trial was double-blinded, meaning neither the participants nor the researchers



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knew who was receiving dairy products or the non-dairy replacements such as soya milk.

The trial involved 26 men and 82 women, all of whom were patients who had visited the Hertfordshire ear, nose and throat clinic complaining of increased levels of nasopharyngeal mucus secretions.

All the participants were put on a dairy-free diet for several days before being randomly assigned to receive either a daily soya (non-dairy) or a dairy shake. The taste of the shakes was disguised to ensure participants could not identify what they were consuming. Participants then recorded the level of their daily mucus secretions.

There was a significant reduction in the reported mucus secretions at the beginning of the trial while they ate a dairy-free diet. Moreover, once the shakes were introduced, those receiving the dairy shake reported increased mucus secretions, whereas those having the soya shake reported continued mucus reduction.

If you stop having dairy milk, it would be prudent to replace it with a food or beverage that provides comparable nutrition.

The research team concluded a dairy-free diet is associated with a significant reduction in mucus secretions among adults who had previously reported persistent mucus hypersecretion.

This study assessed only the impact of dairy milk, not other dairy products, but other studies suggest dairy milk may be the key offender, rather than products such as butter, cheese and yogurt.

From a nutrition perspective, if you stop having dairy milk to potentially reduce mucus production, it would be prudent to replace it with a food or beverage that provides comparable nutrition (rather than a supplement). Alternatives include soy and cereal-based milks fortified with calcium and other nutrients.

Regular soy milk has similar energy, fat and protein levels to cow's milk, so is a suitable replacement – but choose calcium-fortified soy milk.

Rice, almond and other cereal-based milks are other options. However, they generally contain lower energy and protein levels than cow's milk, so are not suitable as a sole milk replacement for children under five. Ideally, choose an alternative milk fortified with calcium, riboflavin and, for vegans, vitamin B12.

Check the ingredients list, too. Almond milk, for example, comes in sweetened and unsweetened varieties, so double-check the small print on any product you're considering buying as a dairy alternative. ▮

Email your nutrition questions to listenerlife@aremedia.co.nz

NUTRITION BITES

CANCER RISK FOR MEN

A new study links men who consumed high rates of ultra-processed foods to a 29% higher risk for developing colorectal cancer than men who consumed much smaller amounts. However, the same association was not found in women. Processed meats, which fall under the category of ultra-processed foods, are a strong risk factor for colorectal cancer. The team also found the strongest association between colorectal cancer and ultra-processed foods among men was from meat-, poultry- or fish-based, ready-to eat products.

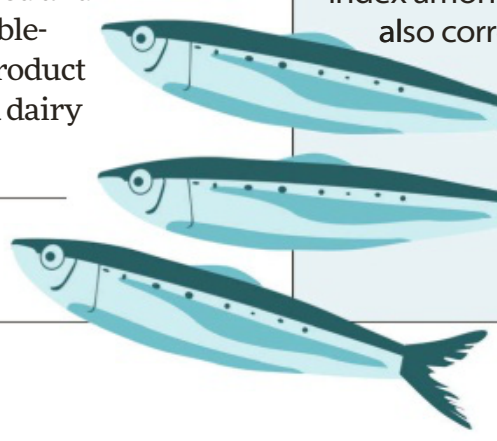
ADDICTIVE EATING

Lack of access to affordable, nutrient-rich food is associated with an addictive pattern of eating that resembles substance abuse disorders. Families suffering food insecurity often have limited access to nutrient-rich food and greater access to less expensive highly processed foods. Research has found that highly processed foods can activate neural reward responses. They can trigger addictive processes that can lead to a compulsive pattern of overeating.

HOLY MACKEREL!

A study of healthy volunteers has shown that those whose red blood cells had higher concentrations of omega-3 fatty acids were found to have better brain structure and cognitive function in middle age. The study confirms that even at a younger age, a diet that includes omega-3 fatty acids will protect from most of the indicators of brain ageing seen at middle age. The study also looked at the effects of omega-3 red blood cell concentrations in people who carried APOE4, a genetic variation linked to higher risk of Alzheimer's. It found that a higher omega 3 index among those with APOE4 also correlated with a larger hippocampal volume, which plays a major role in learning and memory.

– Listener staff



GETTY IMAGES

From far left, baked meatballs with tahini sauce; mixed berry baked pancake; oat and zucchini pantry cookies.

For every season

Food writer and photographer Nicola Galloway's new book caters for those who love to cook according to the time of year.

Meatballs are an often-requested dinner in our house. Here, I share a baked version that is quite revolutionary, as there is no browning on the stovetop. Simply mix, roll and bake. Baking the meatballs in the oven works a treat, with the key being a high heat and adding the tomato once the meatballs have been sealed.

They are mildly spiced with Persian-inspired flavours and served with a creamy tahini sauce. If you don't have tahini on hand, serve without it or top with crumbled feta.

BAKED MEATBALLS WITH TAHINI SAUCE

500g premium beef or lamb mince
1 large carrot (about 150g), grated
handful of finely chopped coriander or parsley
1 free-range egg, beaten
½ cup (50g) small rolled oats or ½ cup breadcrumbs
1 tsp ground cumin
1 tsp ground coriander
1 tsp smoked paprika
pinch of chilli flakes
½ tsp salt
1 tbsp olive oil
1½ cups (375ml) tomato passata or 400g can chopped tomatoes
TAHINI SAUCE
3 tbsp tahini
juice of ½ lemon (1-2 tbsp)
about ⅓ cup water
1 small garlic clove, finely chopped (optional)
3 tbsp chopped parsley
pinch of salt

Preheat the oven to 210°C.

In a bowl, combine the mince, carrot, herbs, egg, oats or breadcrumbs, spices and salt. Use your hands or a spoon to thoroughly combine. Check the seasoning by making a small patty and cooking it in a lightly oiled hot pan until brown on both sides. Taste, then adjust the mixture with extra salt if needed.

Roll the meatball mixture into walnut-sized balls. Arrange in an oven dish in a single layer with a little space between each – I use a 30cm cast-iron frying pan.

Drizzle the meatballs with the oil, then place the dish in the oven. Bake for 15 minutes or until the meatballs are sealed – there will be some cooking liquid in the base of the pan at this stage. Pour over the passata or chopped tomatoes, then return to the oven for 15-20 minutes until the meatballs are cooked through and the sauce has thickened.

While the meatballs are cooking,

make the tahini sauce. Combine the ingredients in a bowl and mix well, adding an extra splash of water if required to loosen. Check the taste, and adjust with extra lemon juice or salt if needed.

Serve the hot meatballs with the tahini sauce on the side, accompanied by cooked quinoa or flatbreads to soak up the sauce, and a crisp salad or broccoli.

Serves 4.

IN LATE WINTER, I find myself dreaming of summer berries, and thank my thoughtful self for the berries picked and frozen in the warmer months. In essence, freezing fresh produce is the simplest form of home preserving (if you have the freezer space, that is). A selection of frozen berries on hand can bring a burst of flavour to any out-of-season baking.

This baked pancake (aka Dutch baby) is fun to make for a simple weekend breakfast, and is also easy to make on a weekday morning. It is basically a thin pancake batter poured into a hot pan, topped with berries and baked in the oven. This is an occasion where I do recommend using the fan function, if you have the option, to retain oven heat when opening the oven door to add the batter and berries. The result is a light and puffy baked pancake that is served as hot wedges rather than individual pancakes.

MIXED BERRY BAKED PANCAKE

3 free-range eggs
2 tbsp maple syrup or sugar
1 cup (150g) plain white flour – wheat, spelt, or gluten-free flour mix
1 tsp baking powder
pinch of salt
200ml milk
30g (2 tbsp) butter
1 cup (about 120g) frozen blueberries and/or blackberries
TO SERVE
maple syrup
natural unsweetened yogurt

Preheat the oven to fan 200°C (non-fan 220°C).

Place a heavy-based frying pan (such as a cast-iron skillet) with a heatproof handle in the oven to preheat. If you haven't got a heatproof pan, use a shallow 25cm square or round baking dish or cake tin.

In a bowl, whisk the eggs and maple syrup or sugar. Sift over the flour, baking powder and salt, then stir to combine. Gradually add the milk, stirring between each addition, until a thin batter forms – but don't overmix. Rest the batter while the oven heats.

Once the oven is hot, open the door and add the butter to the pan. Wait 2 minutes, then open the door again and quickly pour the batter into the pan, then scatter over the berries. Work quickly so the door isn't open too long.

Cook for 15 minutes, then check if the pancake is baked through, giving it another 2-3 minutes if needed.

Serve immediately, cut into wedges, with maple syrup and yogurt.

Serves 3-4.

THESE COOKIES ARE seriously good. When I asked my website readers for some of their favourite recipes to include in my book, this was at the top of the list. So, when you have zucchini coming out your ears in deep summer, make these – you won't be sorry. One tip: pay special attention to squeezing out the excess zucchini liquid thoroughly before adding to the mix.

These cookies utilise pantry staples such as rolled oats, coconut and seeds. And they are super-adaptable: any flour can be used; if you don't have pumpkin seeds, use sunflower seeds; coconut could be swapped for ground almonds; sultanas can be replaced with chopped chocolate. You get the picture.

OAT AND ZUCCHINI PANTRY COOKIES

⅓ cup (about 70g) grated zucchini (see notes below)
pinch of salt
80g butter, softened
1 tbsp olive oil
⅓ cup (65g) sugar
1 small free-range egg
½ cup (75g) plain white or wholemeal flour – wheat, spelt or gluten-free
½ cup (50g) small rolled oats
½ cup (40g) desiccated coconut or ground almonds
¼ cup (40g) pumpkin seeds or sunflower seeds
⅓ cup (50g) sultanas or raisins
1 tsp ground ginger
1 tsp baking powder

Preheat the oven to 180°C. Line a cookie tray with baking paper.

First, grate the zucchini, aiming for shorter pieces by holding the zucchini horizontal rather than on an angle. Place the grated zucchini into a square of cheese cloth or a clean cloth napkin. Add a pinch of salt to help draw out the moisture, then twist and squeeze firmly to press out the excess liquid. Repeat until no more drips come out of the cloth. Set aside.

Place the butter, oil, sugar and egg in a bowl and use a fork to combine – it is fine if it's lumpy. Mix through the zucchini, then add the remaining ingredients and use the fork to bring together into a stiff dough.

Roll the dough into walnut-sized balls – if the dough is soft, place it in the fridge for 20-30 minutes to firm up first. Arrange the balls on the cookie tray with 2-3cm space between each, then gently press to flatten a little.

Bake for 15 minutes or until the cookies are golden and firm to touch. Transfer to a cooling rack. Store in an airtight container in the pantry and eat within 5 days.

Makes 16 small or 12 large cookies.

VARIATION: DOUBLE CHOC COOKIES

Use chopped chocolate in place of the sultanas and replace 3 tbsp of the flour with cocoa powder. ▮

Extracted from THE HOMEMADE TABLE, by Nicola Galloway (Potton & Burton, $59.99)

WINE
by Michael Cooper

Top of the range

Got something to celebrate? Any one of these local wines would add a touch of class to a special occasion.

GETTY IMAGES

Most of us don't want to pay $50 or more for a bottle of wine, and fair enough – there is plenty of good stuff on the shelves in the $15-$20 range. But great wine does cost more. If you would like to explore the highest-quality levels of New Zealand wine, or feel like celebrating a special occasion with a special wine, try one of these.

WHITE

Church Road Tom Chardonnay 2020 ★★★★★
This is the pinnacle of Church Road's Hawke's Bay chardonnays – as its price conveys. Grown in the Tukituki Valley, it was hand-picked and fermented and aged for nearly a year in French oak barriques. Bright, light yellow/green, it is highly fragrant, weighty and deep, with vibrant, concentrated citrus and stonefruit flavours, gently seasoned with oak, balanced acidity and notable delicacy, complexity and structure. A wine of great finesse, it should flourish for a decade. $150

Cloudy Bay Te Koko Sauvignon Blanc 2019 ★★★★★
Te Koko-o-Kupe ("The Oyster Dredge of Kupe") is the original name for Cloudy Bay; it is also the name of the Marlborough winery's intriguing, wood-aged sauvignon blanc. Mouthfilling and youthful, it has concentrated, ripe, tropical-fruit flavours, finely integrated oak, fresh acidity and a harmonious, dry finish. A tightly structured, savoury wine, it should be at its best 2023-plus. $60

Dry River Lovat Vineyard Gewürztraminer 2021 ★★★★★
From mature vines in Martinborough, this is a real conversation piece. Fermented in old oak barrels, it has a perfumed, spicy bouquet. Light gold, it is weighty, with deep, peachy, spicy, gingery flavours, a sliver of sweetness, a slightly oily texture and impressive complexity. Already delicious, it's a star wine, full of personality. (14.5% alc/vol) $55

Elephant Hill Salomé Hawke's Bay Chardonnay 2020 ★★★★★
This memorable wine was estate-grown at Te Awanga and fermented and matured for a year in French oak casks. Bright, light lemon/green, it is a notably "complete" wine, mouthfilling, complex and savoury, with deep, ripe stonefruit flavours, finely integrated oak and a well-rounded, harmonious, powerful finish. Best drinking 2024-plus. $75

Felton Road Block 2 Central Otago Chardonnay 2020 ★★★★★
This outstanding wine was harvested from the estate's oldest chardonnay vines at Bannockburn. Matured for 16 months in seasoned French casks, it is a classy, concentrated, finely poised wine, with deep grapefruit and peach flavours, finely integrated oak, cool-climate vigour and a long finish. Best drinking 2024-plus. $66

Greystone Erin's Waipara Valley North Canterbury Chardonnay 2020 ★★★★★
Grown on steep, north-facing limestone slopes, this hand-picked wine was fermented and aged in French oak casks. Very ageworthy, it is pale gold, with a highly fragrant bouquet. Mouthfilling, it is notably concentrated, with rich, youthful stonefruit and toasty oak flavours, fresh acidity, and a complex, savoury, lasting finish. Best drinking 2025-plus. (14.5% alc/vol) $99

Kumeū River Hunting Hill Chardonnay 2021 ★★★★★
This outstanding single-vineyard wine – my favourite in the Kumeū River range – is grown on slopes directly over the road from the winery. Hand-picked, fermented in French oak barriques and wood-aged for 11 months, it is powerful and still youthful, with substantial body, deep, vigorous, peachy, spicy flavours, impressive complexity and a harmonious, long finish. Already delicious, it should be at its best 2024-plus. $85

Odyssey Hera Limited Release Gisborne Chardonnay 2021 ★★★★★
This powerful, lush wine was grown in Gisborne's Golden Triangle, hand-harvested and French oak-fermented. Light gold, it is a weighty, arrestingly savoury, concentrated and complex wine, with deep, ripe, peachy, slightly spicy flavours and a rich, well-rounded finish. Gisborne chardonnay at its finest, it is already delicious. $70

Radburnd Hawke's Bay Chardonnay 2020 ★★★★★
From Kate Radburnd, best known for her long spell at Pask (1990-2017), this wine is notably refined. Richly fragrant, it is mouthfilling, with deep, ripe stonefruit flavours, finely integrated oak, and lovely depth and harmony. Already delicious, it is an outstanding, tightly structured wine, likely to be at its best 2024-plus. $85

Villa Maria Single Vineyard McDiarmid Hill Barrique Fermented Chardonnay 2020 ★★★★★
This is one of Gisborne's greatest-ever chardonnays. Hand-picked from mature vines grown on a north-facing hill at Pātūtahi, it was fermented and matured in French oak barriques. Fragrant, with a slightly smoky bouquet, it is powerful, with bottomless depth of ripe, peachy, spicy, complex flavours, finely balanced acidity and a rich, savoury, resounding finish. (14.5% alc/vol) $50

Waipara Pioneer Jillian Chardonnay 2019 ★★★★★
This distinctive, notably concentrated wine was hand-harvested from vines planted at Waipara in 1982. Crafted by Alan McCorkindale, a highly experienced winemaker, it is weighty, with intense stonefruit flavours, highly complex and savoury, finely balanced acidity and a harmonious, enduring finish. $200

SWEET WHITE

Framingham F-Series Marlborough Riesling Auslese 2021 ★★★★★
This beautiful wine was hand-picked at an advanced level of ripeness, with 20% botrytis (noble rot) infection. Richly scented, with lovely poise, it has concentrated, peachy flavours, a hint of apricot, gentle honeyed notes, fresh, balanced acidity and a sweet, long-lasting finish. (8.5% alc/vol) 375ml $70

SPARKLING

Esses Millésime Kaikōura Marlborough Méthode Traditionnelle 2016 ★★★★★
This classy bubbly is from mature pinot noir and chardonnay vines at Kaikōura.

Disgorged after five years' ageing on its yeast lees, it has a highly fragrant, yeasty, complex bouquet. Vigorous, with searching, peachy, citrusy, yeasty, gently biscuity flavours and an almost dry, persistent finish, it's a "complete" package, well worth discovering. (12% alc/vol) $75

RED

Askerne The Tere Hawke's Bay Syrah 2019 ★★★★★
Instantly appealing, this graceful, youthful red was estate-grown near Havelock North and matured in French oak barrels. Deeply coloured, it is fleshy, savoury and supple, with excellent flavour depth, vigour and harmony. $50

Astrolabe Wrekin Vineyard Marlborough Pinot Noir 2020 ★★★★★
Certified organic, this distinguished red was hand-harvested in the Southern Valleys and matured for 10 months in French oak barrels. Deeply coloured, it is powerful, highly concentrated and finely structured, with dense cherry, plum and spice flavours, complex, savoury, vigorous and still extremely youthful. Best drinking 2025-plus. $65

Black Estate Netherwood North Canterbury Pinot Noir 2020 ★★★★★
Certified organic, this refined, harmonious red is from the first hill-grown vineyard in North Canterbury, established in 1986. Barrel-matured, and bottled unfined and unfiltered, it is an elegant, medium to full-bodied wine, with concentrated, ripe cherry, plum and spice flavours, complex, savoury and supple. (12.5% alc/vol) $65

Burn Cottage Burn Cottage Vineyard Central Otago Pinot Noir 2019 ★★★★★
Estate-grown in the foothills of the Pisa Range, this organically certified red is already delicious. Deep, bright ruby, it is beautifully fragrant, mouthfilling and supple, with generous, youthful cherry, plum and spice flavours in a notably refined, harmonious style. $70

Carrick The Magnetic Organic Bannockburn Central Otago Pinot Noir 2019 ★★★★★
This outstanding young red is deep ruby, mouthfilling, vibrant and savoury, with concentrated cherry, plum and spice flavours, finely balanced tannins, and great structure and complexity. Benchmark stuff, it should mature gracefully for a decade and is certified organic. $65

Destiny Bay Mystae 2019 ★★★★★
Already delicious, but very ageworthy, this Waiheke Island red is based on cabernet sauvignon (59%), blended with smaller amounts of merlot, malbec, cabernet franc and petit verdot. Aged in French and American oak casks, it is dark, fragrant, mouthfilling and supple, with excellent concentration of fresh, ripe blackcurrant, plum, spice and nut flavours and impressive complexity and structure. $375

Greenhough Hope Vineyard Nelson Pinot Noir 2019 ★★★★★
This is one of Nelson's greatest reds, estate-grown and hand-picked on an elevated terrace of the south-eastern Waimea Plains, where the vines, planted in gravelly loam clays, have an average age of more than 20 years. Certified organic, it is full-bodied and

finely structured, with rich cherry, red-berry and spice flavours, notably complex and savoury, and a harmonious finish. A "complete" wine, it's already delicious. $50

Hans Herzog Marlborough Grandezza 2019 ★★★★★
Promoted as New Zealand's first "Super Tuscan-inspired red", this notably refined blend of estate-grown sangiovese (50%), cabernet franc (25%) and cabernet sauvignon (25%) was matured for two years in French oak barriques. Deeply coloured, it is an authoritative wine, mouthfilling and concentrated, with rich, vibrant blackcurrant, plum and spice flavours, fresh acidity, supple tannins and a finely structured, lasting finish. Certified organic. $99

Obsidian Reserve Waiheke Island Montepulciano 2020 ★★★★★
Likely to be long-lived, this is a powerful, sweet-fruited red. Deeply coloured, it is weighty and vibrant, with impressive density of berry-ish, spicy flavours, a vague hint of liquorice, savoury, nutty notes adding complexity, and a well-structured finish. Best drinking 2025-plus. (14.5% alc/vol) $68

Passage Rock Reserve Waiheke Island Cabernet Sauvignon 2020 ★★★★★

From an outstanding vintage, this is a dark, mouthfilling, concentrated red, with beautifully ripe, blackcurrant-like flavours, fine tannins and a lasting finish. A deep, youthful, well-structured red, it is well worth cellaring to 2027-plus. $85

Pisa Range Estate Soli Vero Central Otago Pinot Noir 2020 ★★★★★
This classy red from Bendigo is a single-vineyard wine (soli vero means "soil truth"), matured in French oak barriques. Deep ruby, it is highly fragrant, full-bodied and sweet-fruited, with rich, vibrant cherry, plum and spice flavours, complex and savoury, and ripe, supple tannins. Still youthful, it's well worth cellaring to 2025-plus. (14.5% alc/vol) $60

Prophet's Rock Cuvée aux Antipodes Central Otago Pinot Noir 2019 ★★★★★
Estate-grown at 320-400m above sea level at Bendigo, this classy, deeply coloured red should flourish for a decade. Refined and supple, it is elegant, fresh and concentrated, with deep cherry, plum and spice flavours that are complex, savoury, lively and long. $120

Puriri Hills Harmonie du Soir 2015 ★★★★★
Estate-grown at Clevedon, in South Auckland, this regional classic is merlot-based, with smaller amounts of cabernet franc, carménère, cabernet sauvignon and malbec. The classy, youthful 2015 is notably bordeaux-like. Deeply coloured, it is fragrant, mouthfilling and smooth, with rich, ripe blackcurrant, plum, herb and spice flavours, seasoned with nutty oak, and with excellent vigour, complexity, structure and harmony. $120

Quartz Reef Bendigo Central Otago Pinot Noir 2021 ★★★★★
Certified organic and biodynamic, this Bendigo red was hand-picked from vines planted in 1998. Enticingly perfumed, it has mouthfilling body and deep, ripe cherry, plum and spice flavours that are nutty, savoury and complex. A harmonious wine, delicious in its youth, it is also well worth cellaring. $55

Te Mata Estate Bullnose Syrah 2020 ★★★★★

This graceful red is a great vintage of Bullnose. Estate-grown in the Bridge Pā Triangle and the Gimblett Gravels, Hawke's Bay, it is dark and highly perfumed. Full-bodied, with youthful, beautifully ripe blackcurrant, plum and black-pepper flavours, it shows impressive freshness and density, with a backbone of supple, fine-grained tannins, and a long, finely poised finish. Best drinking 2025-plus. $75

Unison Selection Gimblett Gravels Cabernet Sauvignon/Merlot 2016 ★★★★★

Maturing gracefully, this blend of cabernet sauvignon and merlot was estate-grown, hand-harvested and barrel-aged for 20 months. Deep and still youthful in colour, it is rich, savoury and finely textured, with concentrated, ripe, blackcurrant-like flavours, seasoned with nutty oak, and excellent vigour, complexity and harmony. $70

Valli Bendigo Vineyard Central Otago Pinot Noir 2020 ★★★★★

This classy red is deep ruby, fragrant and sweet-fruited. Mouthfilling, it has strong cherry, plum and spice flavours, complex and savoury, and the trademark gracefulness of winemaker Grant Taylor's reds. Concentrated and well structured, it should be long-lived. $75

Wild Earth Earth & Sky Central Otago Pinot Noir 2021 ★★★★★
This finely crafted, youthful red was grown at Bannockburn and matured for a year in French oak barriques. Deep, bright ruby, it is deliciously mouthfilling and sweet-fruited, with rich, ripe cherry, plum, spice and nut flavours that are complex, vigorous, savoury and lingering. $65 ▮

Note: all wines are 13-14% alc/vol, unless stated otherwise.

GETTY IMAGES

PSYCHOLOGY
by Marc Wilson

Raising eyebrows

There is no Nobel Prize for psychology but practitioners can be hot contenders for the awards' satirical counterparts at least.

Predictably, less than a week after writing a column about the psychological effects of long Covid, I finally caught the darned lurgy. With deadline rapidly approaching, what can I write about quickly with one ear blocked and having to breathe through my mouth?

The past weeks have seen a drip-feed of Nobel Prize announcements. There is no Nobel Prize for psychology, however. That leaves us with the rather more impecunious honour of the occasional Ig Nobel Prize (for "research that makes people laugh, then think").

I've already written about the last formal psychology Ig Nobel, in 2020, for research on the characteristics of narcissists' eyebrows (unusual or distinctive eyebrow shape could be a sign of narcissism). However, last year was a particularly rich one for psychologically themed Ig Nobels.

First up, the function of the human male beard. Beards are a bit of a conundrum because they may keep your face warm (or so I assume, never having been able to grow any appreciable amount of facial hair myself)

Blavatskyy found a remarkably high correlation between corruption and high BMI in government.

but they also lead to lower perceptions of trust.

According to a theory from a few years ago, having a beard is a status marker. In a fight, someone can grab your chin-locks and punch you more easily, so you're showing you're sufficiently unfussed about that happening.

In the 2021 Ig Nobels, a team of biologists and engineers from Utah were recognised for a different take on what they call the "pugilism hypothesis" of facial hair – that it absorbs perhaps a third of the force of a blow to the face. Perhaps, they speculated, we have evolved beards because they're slightly protective when we do get into a fight.

Of course, as others have subsequently emphasised, putting a wool pad on a model of a human face and dropping 5kg weights on it to show that a fake beard redistributes 37% of the force doesn't mean this is why beards evolved. In *Forbes* magazine, evolutionary biologist and science writer JV Chamary called the research a "just-so story", pointing out that an actual fist fight is a far cry from a hypothetical scenario.

The 2021 Ig Nobels also featured Montpellier Business School professor Pavlo Blavatskyy, who took home a gong for another intuitively attractive finding: that the body mass index of a nation's politicians is statistical shorthand for the level of governmental corruption. His "Obesity of politicians and corruption in post-Soviet countries" used a computer algorithm to extrapolate the BMIs of cabinet ministers from 15 Eastern European states from photographs, then correlated the average minister's BMI for each state with established indices of corruption.

The correlation – the more overweight the government, the more corrupt the country – was remarkably high, even after accounting for BMI differences in the general population in each state.

This study has also been criticised as a just-so story. It's easy to conjure an image of elites fattened on a diet of corruption, but correlation doesn't automatically mean causation.

How might New Zealand stack up if included in an analysis like this? According to Transparency International's 2021 Corruption Perceptions Index, we have (alongside Finland and Denmark) the lowest level of perceived public sector corruption in the world. Thus, our politicians should be positively emaciated.

I'll take an early punt and predict a 2023 Ig Nobel for Oakland University's Tara DeLecce and colleagues for a study hinting at who male guitarists are really trying to impress. A small group of heterosexual male guitarists completed a survey of their practising habits, sexual behaviour and competitiveness, which showed that time spent practising was associated with aspirations for, ahem, casual sexual relations. However, a preference for playing fast musical genres (eg, extreme metal) predicted feeling competitive with other men. Freud would have a field day with that – sometimes a guitar isn't "just a guitar". ▮

Pavlo Blavatskyy

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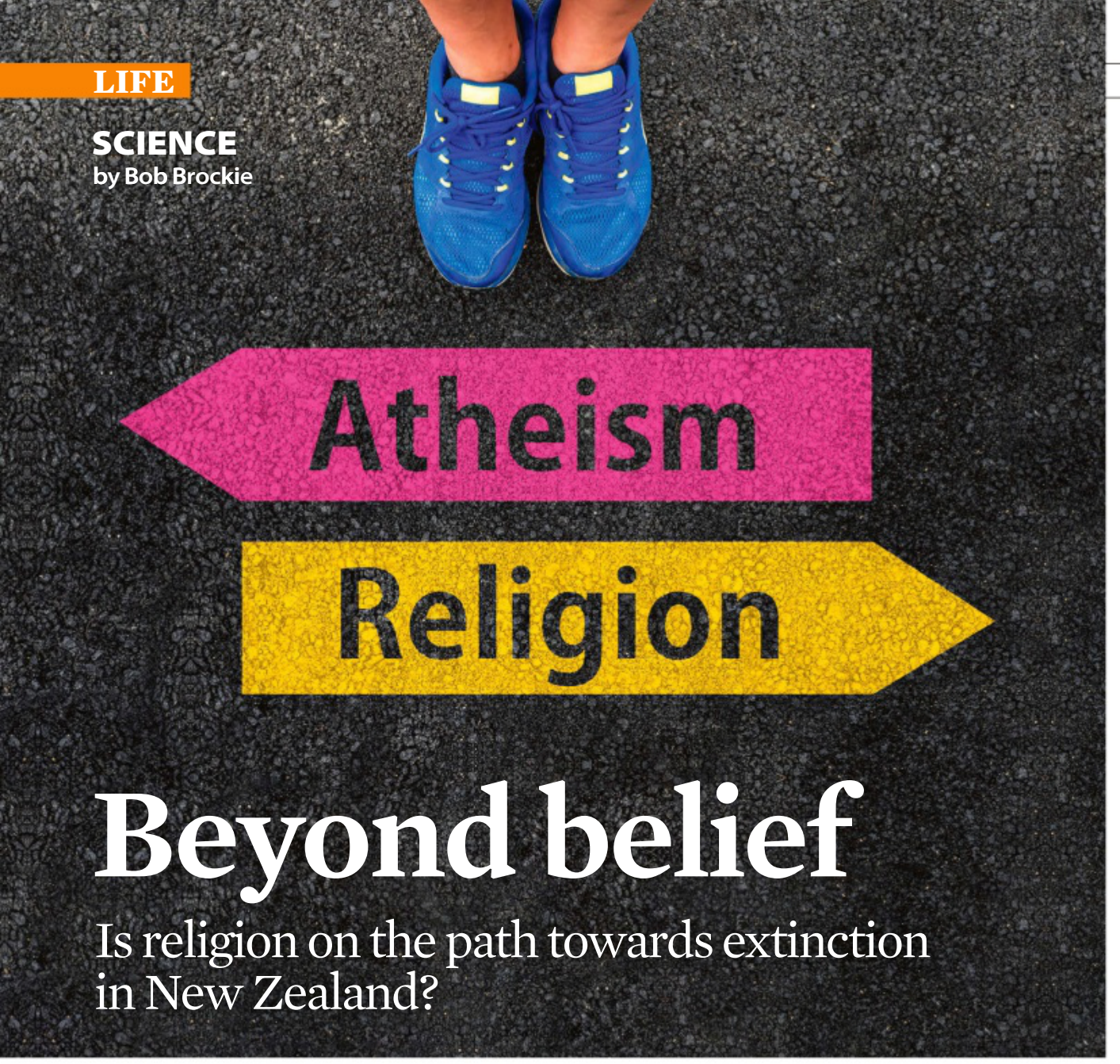


Beyond belief

Is religion on the path towards extinction in New Zealand?

I look forward to next year's census data to see what has happened to our religions over the past five years.

The last census, in 2018, revealed that the number of New Zealanders with no religion – just under half the population – outnumbered Christians for the first time. Empty churches continue to be sold and turned into bars, restaurants, art galleries and homes throughout the country. If past trends continue, the new census will show even more Kiwis with "no religious affiliation".

According to the Census data, the number of Anglicans, Catholics, Presbyterians and Methodists has shrunk over the past 20 years, but devotees of smaller religions have grown. We now have about 120,000 Pentecostals, Evangelicals and Born-again Christians and 18,000 Seventh-day Adventists.

In 2018 we had 157 types of faith, including 123,000 Hindus, 60,000 Muslims, and 41,000 Sikhs. These religions had all grown since the previous census. But atheists (those who disbelieve in the existence of a god or higher being) and agnostics (who sit on the fence) also grew, with 7.5% of New Zealanders ticking those boxes. A further 20,000 professed allegiance to the Church of Jedi, and there were 4000 people who claimed to worship the Flying Spaghetti Monster.

Our proportion of atheists and agnostics is close to the global average. Californian Professor Phil Zuckerman reckons 500-750 million of the world's population are agnostic or atheist, most of them in China and Russia. Estimates range from 30-80% in places such as Sweden, Denmark, Norway and Vietnam.

Some countries are very religious. In Timor-Leste, for example, 99% of the population of 1.1 million are Christian; the same percentage of Algerians are Muslim. Atheists and religious sceptics can be executed in at least 13 nations.

The 2018 census revealed 4000 believers in the Flying Spaghetti Monster.

In the US, a Pew Research Centre survey found that 70% of the population declared a religious affiliation in 2021, down from 83% in 2009. Four per cent identified as atheist (although 18% of them said they believed in some kind of higher power), and 5% as agnostics.

Pew's 2009 survey found 41% of US scientists did not believe in a higher power.

Religion is rooted in the supernatural – gods, resurrection, heaven, hell, angels, saints, and the afterlife.

Atheists like myself find the supernatural hard to swallow. Famously, in 1964, US sceptic James Randi put up a US$1000 reward to anybody who could give objective proof of the supernatural. The reward eventually rose to $1 million but nobody passed beyond the preliminary tests before it was abandoned in 2015.

Several experiments appear to have shown the futility of prayer. A large study in the US in 2006 found prayer had no benefits for 1800 people who underwent heart bypass surgery. Indeed, patients who knew they were being prayed for suffered more complications.

Renowned Oxford scientist Richard Dawkins has been the loudest voice for atheism for the past 40 years. His 2006 book *The God Delusion* sold more than three million copies. Dawkins thinks religion can drive people to such dangerous folly that faith qualifies as a mental illness.

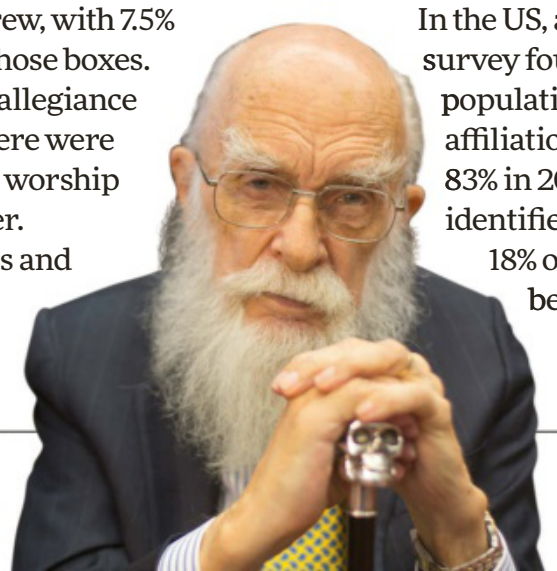
Some atheists see religion as a harmless nonsense. If people need a crutch for consolation, where's the harm in that, it is thought? Others note that religion continues to drive acts of war, murder and terrorism.

Occasionally, atheists are moved to action. In 2009, British atheists posted advertisements reading "There's probably no God. Now, stop worrying and enjoy your life" on 800 buses throughout the UK.

In 2010, New Zealand atheists and the Humanist Society raised $22,000 to run similar advertisements on buses in Auckland, Wellington, and Christchurch, but the ads were rejected by NZ Bus.

In 2011, US researchers reported to the American Physical Society on their analysis of figures from countries with census data going back a century. They found that religion is heading for extinction in nine countries, including New Zealand.

"God Defend New Zealand," I hear you cry. ▮



US sceptic James Randi.

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Justice and Freedom

My Mission is to evoke the principle of Love in all men, and for those who are ready, to show a Higher Truth. The means are simple: through Justice and Freedom for all, that Love can be expressed. Through the manifestation of man's Brotherhood, the Source of All can be known.

May it be that you will quickly see this, understand the purpose of life and show the way for your brothers. Thus can you take part in the transformation of your world.

'Messages from Maitreya the Christ' No. 41

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ALAMY

Dark mirrors

George Saunders' new collection of short fiction blends the real and the absurd as it reflects the horrors of the Trump era. by SUE ORR

LIBERATION DAY, *by George Saunders (Bloomsbury, $32.99)*

American writer and Man Booker Prize winner George Saunders' short fiction comes in two distinct but equally delicious flavours – realism and absurdism. His latest collection, *Liberation Day,* satisfies both palates, switching between the two genres over 231 pages and nine stories. He adopted this approach in his last collection, *Tenth of December,* published in 2013. That book was a finalist in the US National Book Awards, and won the inaugural Folio Prize. If it ain't broke, don't fix it seems to be the thinking here.

Liberation Day opens with the title novella, an absurdist offering. A cast of captive Speakers and Singers are pinioned to the walls and ceilings of the Untermeyer family home. Their brains are controlled by the family members to perform historical re-enactments – including the Battle of the Greasy Grass, or Little Bighorn – for visiting company. The narrator, Jeremy, falls for Mrs Untermeyer. What could go wrong? (Everything.)

Similarly, in the other two absurdist stories, the narrators inhabit alternative worlds – one born in an underground, visitor-less theme park in "Ghoul", the other having lost the memory of a previous life and been recruited and programmed for political rioting in "Elliot Spencer". These landscapes are classic Saunders territories – remember *CivilWarLand in Bad Decline*? – all three protagonists brush up against the concept, at least, of reality but are ultimately unable to relocate themselves there. Nor, sometimes, do they want to.

In theory, a reader might tire of the Saunders absurdist template, but his brilliant, laconic prose and dialogue lure us into his weird worlds and encourage us to stick around for the grotesque rides. He has been quoted as saying that absurdism was really just realism seen from close to the bottom.

Perhaps Saunders has decided – in a country that has experienced more absurdity over the past decade than any fiction could possibly paint – that his nightmarish worlds are mirrors rather than windows – that they speak, with frightening clarity, of the Trump era and the trigger-happy carnage that has followed it.

Saunders' brilliant, laconic prose and dialogue lure us in and encourage us to stick around for the grotesque rides.

It takes no stretch of the imagination to recognise in these stories ordinary, bewildered US citizens unable to disembark the terrifying attractions of the American theme park.

The remaining stories situate the reader in recognisable, domestic places, prising apart relationships between men and women, mothers and children, workplace colleagues, neighbours. Ironically, in the absence of absurdity, these stories are less predictable and therefore more satisfying.

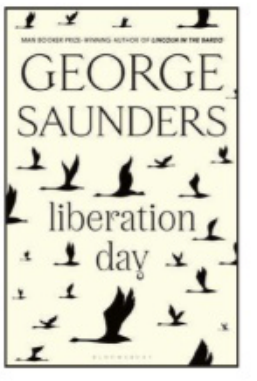
"The Mom of Bold Action" is a frustrated writer trying to find inspiration for her stories in the family home. Several potential titles jump out at her – "The Trusty Little Opener", "The Discontented Dog", "The Son Who Failed To Reply". You think you can see where this is going. It goes there, then much further.

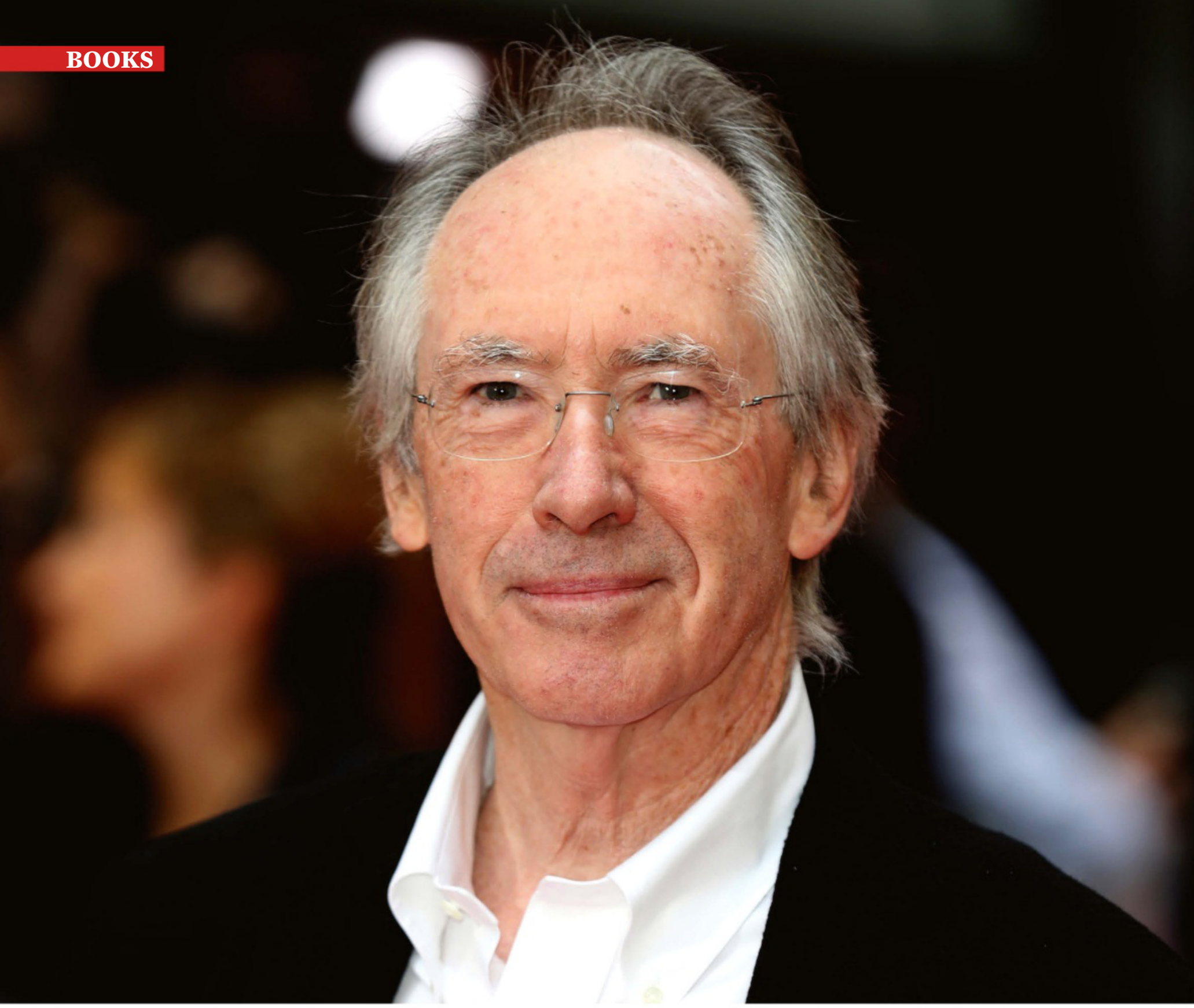
In "Mother's Day", elderly women Debi and Alma – foes since teenagers – are trapped on opposite sides of the street during a severe hail storm. In that moment, they reflect on their entire lives: their parenting, their lovers (Debi had a long affair with Alma's husband, Paul). The recollections are poignant, and very funny:

Could that guy ever talk! "I am maximally ardent pour toi," he'd said. She'd written that one down. In her Krazee Jernel. Those were the days! You did whoever, then wrote about it in your Krazee Jernel.

In the stunning final story, "My House", a would-be buyer of a beautiful old rural home meets the seller. The deal looks to be done until the seller makes a casual suggestion to the buyer. To say more would spoil this little masterpiece. It's enough to suggest that on finishing this book you might feel as though you've just caught a glimpse of everything that is wrong in the world right now.

Tenth of December, his collection from a decade ago, received some criticism for being too similar to Saunders' previous fictions. But he remains a master of the real and the absurd, and I remain delighted at his generosity in choosing to showcase both in his collections. Come to *Liberation Day* expecting more of the best of Saunders; you won't be disappointed. ▮





GETTY IMAGES

Beyond recall

Ian McEwan's 18th, and perhaps last, novel surveys society's progress in recent decades – and shares parallels with his own life.

LINDA HERRICK

LESSONS, *by Ian McEwan (Jonathan Cape, $37)*

Towards the end of Ian McEwan's disquieting new novel, his hapless older hero, Roland Baines, is embarking on a "lockdown project" in which he's annotating several thousand photos spread across the floor of his London sitting room.

It is early 2020 and Roland, a widower in poor physical shape, is in the midst of the UK's first Covid lockdown. The photos, old-fashioned prints, span the years up to 2004, when digital technology took over. Roland's progress is slow; so far he has managed to write on the back of only 58 photos.

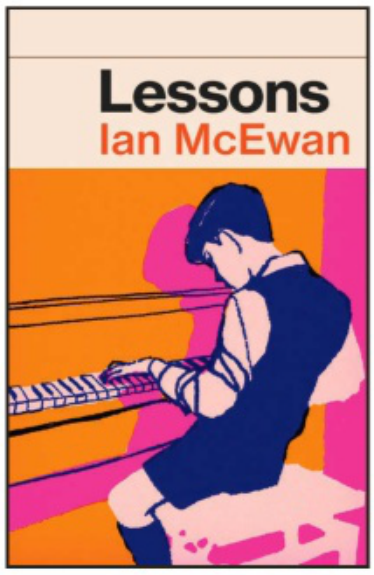
The images trigger long drifts of memory, with Roland mulling over the erratic course of his life, played out within the framework of epic political changes and global crises.

As a survey of humanity's progress over the past seven decades, *Lessons* presents a mixed bag that runs out of optimism. In today's world, Roland senses "a novel ugliness ... with nations run by well-dressed criminals".

McEwan, usually such a short, snappy writer, has let loose in this, his 18th novel, which runs to nearly 500 pages. It became his own lockdown project in

Ian McEwan: departs from his normal shorter, snappier style.

2020, and chronicles a life that, in some ways, reflects his own. The parallels between Roland Baines and Ian McEwan include an early childhood in Libya in the 1950s with a father who served in a British military posting until the 1956 Suez Crisis forced them back to England. McEwan's parents provide the template for Mr and Mrs Baines: a testy, bullying father, and an anxious mother who fades away into dementia.



There's even the emergence of an adult "lost brother", echoing McEwan's discovery in 2007 of an adult sibling, David Sharp, who was abandoned at a railway station by his mother (ditto Roland's mother) as a one-month-old baby. McEwan's description of the first meeting between Roland and his newly found brother, Robert, is deeply sorrowful, as

"He saw it clearly – Russia, a liberal democracy, unfolding like a flower in spring."

if it's too late. They study a photo Roland has brought of their mother as a young woman "of great beauty and poise", a serenity he simply can't recall ever seeing.

But primarily, this is a work of fiction, with the central dynamic provided by a woman created in a dark corner of McEwan's imagination. Miriam Cornell is a young, stern-faced piano teacher with "an overwhelming scent" who takes on young Roland, aged 11, when he enters a boarding school in rural Suffolk.

As the book opens, adult Roland is caught in his "insomniac memory", reliving his first lesson, making mistakes, a bundle of nerves as Miss Cornell's hand trails up his leg, pinching him before moving up under his shorts.

Roland's fear of Miss Cornell, which never leaves him, transmutes into an all-consuming sexual obsession, exactly what she is aiming for.

Eventually, a global existential crisis propels him into her arms, and an "erotic education" that is secret, ludicrous and damaging.

The present-day Roland takes many years to realise that this was the turning point of his life, leading to his academic failure, a life of low-paid jobs and the distortion of all of his subsequent relationships with women.

But he's too hard on himself. As he flicks through the photos, he comes across images from his post-Miriam "lost decade", mainly hidden from the reader. He finally recognises a young man who was "strong and cheerful".

However, Roland was a victim of abuse, as the police tell him many years later – emotionally stunted in his pursuit of relationships that might replicate "the sexual and emotional sublime" he felt as a teenager. The first of his two wives tells him, years later, she'd grown to hate his "sex-every-day problem".

But those piano lessons – with Miss Cornell, then a male successor – weren't useless. He's a good musician. One of Roland's steadier jobs stretches into years of playing in the restaurant of a London hotel during lunchtime. Not highly paid, but free leftovers.

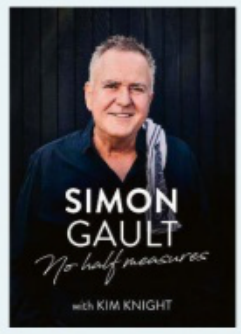
It's hard to say which is more poignant: Roland finally appreciating some of the gifts McEwan heaps upon him, including a family to love in his old age; or the euphoria he felt when he was in Berlin as the Wall came down in 1989.

"He saw it clearly – Russia, a liberal democracy, unfolding like a flower in spring." He wanted it all: the end of nuclear weapons; all social problems solved; tyrannies dissolving; the Amazon rainforests rescued. He knows now that his confidence was foolish. "He had thought 1989 was a portal ... when it was merely a peak."

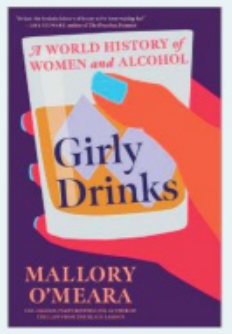
In the final pages, Roland and McEwan's focus turns to the primary issue: "the greater matter" of Earth's survival. "He hadn't learned a thing in life and he never would," he thinks as he kisses his grandchild's cheek.

McEwan has said this may be his final novel. If so, I can only offer profound gratitude for giving us Roland, teaching us all lessons as he reels off the last page, trying not to fall. ▮

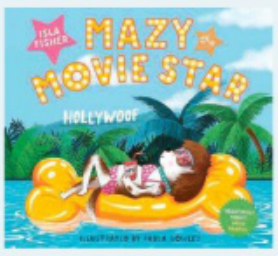
Short cuts



Even keen foodies may not know that restaurateur and chef Simon Gault is a flying nut, first getting in a glider as a teenage apprentice cook. His love of planes (perhaps no surprise, given his father was a pilot), including a couple of close calls, along with his restaurants such as Gaults on Quay, his epicurean travels around the world and his adored daughter Hazel, are related in **NO HALF MEASURES** (Bateman Books). It was mostly written over the past two lockdown years with journalist and food writer Kim Knight, so it gallops along. Contains a few nice recipes, too.



One of the earliest known depictions of a person possibly partaking of alcohol is Venus of Laussel, a 25,000-year-old carving of a nude woman, one hand on her belly and the other holding what looks like a drinking horn. Some male historians insist it's a musical instrument she's holding, snorts American cultural historian Mallory O'Meara. In the lively and wide-ranging **GIRLY DRINKS** (Hurst & Co), she finds women have been involved in not just distilling and brewing booze but bartending and consuming it since the year dot, from Sumerian beer goddesses to Cleopatra, 11th-century Chinese poet Ling Qingzhao to 1970s "ladies" bars.



Last year it was Rebel Wilson's *Bella the Brave*; this year's expat Aussie comic actress writing a kids' picture book is Isla Fisher. She's been making up stories for her three kids since they were born, she says, and so comes **MAZY THE MOVIE STAR** (Welbeck Flame), cutely illustrated by Paula Bowles. Mazy is a famous movie star pooch waited on muzzle and paw in her home in Hollywoof (more canine puns await). But her agent tells her there's no work for her any more; they only want street dogs. Can she turn her life around, channel her inner mutt, grab that dream role? Do you think? ▮

Fields of dreams

A resilient mixed-race orphan has a Dickens of a time in Appalachian America.

GILL SOUTH

DEMON COPPERHEAD, *by Barbara Kingsolver (Allen & Unwin, 36.99)*

You can always expect to come away from a Barbara Kingsolver novel knowing a little more about the world, the bad actors and the unfairnesses in the system. In *Demon Copperhead*, set in Lee county, West Virginia, she examines the deeply flawed foster system – which, rather than protecting children, puts them in direct danger – and the impact of the opioid epidemic that tore a hole through many communities in the US from the late 1990s.

Our narrator is the endearing and lovable Demon Copperhead (real name Damon Fields). A red-haired, racially mixed boy with green eyes (of Melungeon ethnicity from the south-eastern US), he's based on Dickens' David Copperfield. And given it's the story of an orphan boy whose fate is thrown to the winds after the death of his junkie mother, a victim of the foster system herself, it works just fine.

Demon is funny, cynical, ever hopeful and wry. A case worker tells him, "Let's take you home." Demon thinks, "For a split second I thought I have one, and was going there. Sometimes a good day lasts all of about ten seconds."

Demon is in survival mode for a good chunk of the novel – he has his first experience of drugs at 10 – yet this is not a depressing read. As a favourite teacher tells him, it's like he's walked away from a car crash intact, while a friend describes his goodness as like a kind of metal that you can't melt down no matter what.

Demon is in survival mode for a good chunk of the novel, yet this is not a depressing read.

Kingsolver fills this novel with warm, principled characters who don't have much but are happy to share what they have. Many of the names will sound familiar if you've read Dickens. At the core of young Demon's life are the Peggots, who at times play carer to him and their grandson Maggot, Demon's best friend. Their daughter, June, also plays an important role in young Demon's life, as someone who seems to always know what's best for him when he doesn't know himself. She looks after her niece, Emmy, Demon's first love, who has her own fraught journey. Others there to catch this resilient child along the way are his father's family, Miss Betsy and Mr Dick, who offer the boy respite when he is at a very low ebb.

Barbara Kingsolver: warm, principled characters and rich colour.

Things really start to look up when Demon is sent to live with the quirkily named Angus and her father, Coach Winfield. Demon flourishes, enjoying having teachers who support him, who help develop his drawing abilities, and he discovers a talent for football to the chagrin of Coach's right-hand man, U-haul Pyles. But disaster is lurking, and after a cruel accident our boy takes a wrong turn.

As his life spirals downwards, his friend Tommy, from the foster system, throws him a lifeline. Through his commissioned cartoons and comic strips, Demon raises his community up with a deep-felt understanding of how life can take a wrong turn but a superhuman can put things right.

Just as Dickens did with David Copperfield, Kingsolver brings pure heart to Demon Copperhead's tale, the Appalachian setting – Kingsolver lives on a farm not far away and her grandparents are from the area – providing its own rich colour and tragic history.

One thing Demon learns is that a story doesn't just copy life, it pushes back on it. And that's just what Kingsolver does. A tour de force. ▮

GETTY IMAGES

Embracing the yeti

A surreal, disturbing and sometimes bitingly funny collection from an acclaimed author.

ANNA ROGERS

Ling Ma: confident, intelligent and powerfully original.

BLISS MONTAGE, *Ling Ma (Text Publishing, $38)*

Just eight stories, but they hit the page with startling and singular force. Chinese-American writer Ling Ma, whose 2018 novel *Severance* won her considerable acclaim, has a voice like no other. These pieces are sometimes surreal, disturbing and subversive, sometimes bitingly funny, sometimes moving. Yes, they are often imbued with the loneliness and uncertainty of 21st-century life, but they avoid any tedious self-absorption. And Ma is a fine writer.

The first narrator – most of the stories are told in the first person – is a wealthy Los Angeles woman who lives in a luxurious house with her husband – who speaks only in dollar signs – her children "and their attending au pairs" and, in a third wing, her ex-boyfriends – 100 of them. Only two, though, are of any consequence: Adam, who beat her, and Aaron, whom she loved. Adam reappears in the second story, "Oranges", glimpsed on the street by the narrator, who follows him to the apartment he shares with Beth, who is unaware of his abusive past. These are unsettling stories, searingly honest, peppered with dark, accurate humour. Equally unsettling is "G", a frighteningly vivid anatomisation of a childhood friendship gone wrong and what happens when you take a drug that gradually renders you invisible.

The wonderfully absurdist "Yeti Lovemaking" exemplifies Ma's way with a compelling opening: "Making love with a yeti is difficult and painful at first, but easy once you've done it more than thirty times." The details are delicious. Once the man with whom the narrator goes home unzips his "human suit" and reveals his true nature, he thoughtfully gives her a pamphlet entitled "Yeti Interaction and Appropriate Engagement".

"Returning" is an extraordinary feat of imagination. The narrator wakes as her plane lands in Garboza, her husband's long unvisited homeland, where they are to attend the mysterious Morning Festival. But he is nowhere to be seen. Her search for him, and the flashbacks to the beginning and growth of their relationship, build to an arresting conclusion.

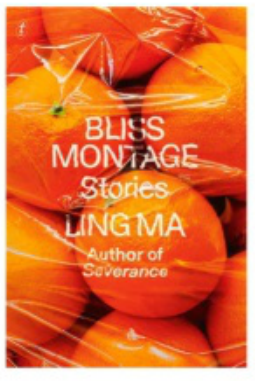
"English is the language in which I have nothing to lose, even if they don't believe a thing I say."

A Narnia-like armoire that opens from a professor's office to a dreamlike other dimension is the focus of "Office Hours", which also skewers the pretensions of academic life and idiom. (Ma teaches at the University of Chicago.) The description of the film and media studies faculty party, with its "dance of feigned, unearned intimacies", is telling and pitch-perfect. But there is serious examination here, strangely wrought, of the necessity for the unsaid, the unimaginable, the indescribable.

Ma's evocation of the immigrant experience, in "Peking Duck", is memorable and touching – the Chinese mother battling to fit into a ruthlessly Western world (motherhood is a recurrent theme in the collection); the embarrassed child who wants only to be American and strives to speak English as soon as possible: "It is the language in which I have nothing to lose, even if they don't believe a thing I say." The final story, "Tomorrow", disturbing in a way that cannot be explained without creating a spoiler, also unforgettably expresses the immigrant theme, as the narrator returns to stay with her great-aunt in China.

Ma is excellent on taste and colour and landscape – "shrill, vinegary tonics, or sweet, syrupy srirachas"; the *La La Land* "wingspan of California" seen at night from the air. She has a rare ability, too, to encapsulate emotion: the "sudden, hard clasp of intimacy" shared with other abuse survivors in "Oranges".

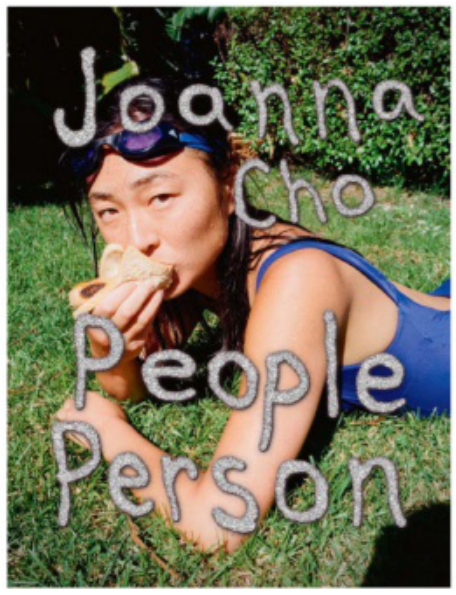
Once or twice, perhaps, the endings do not click quite as satisfyingly as they could, but maybe they don't need to. *Bliss Montage* is an impressive collection from a confident, intelligent and powerfully original writer. ▮

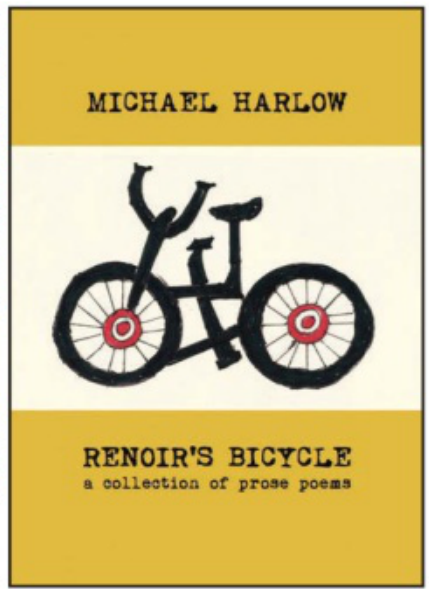


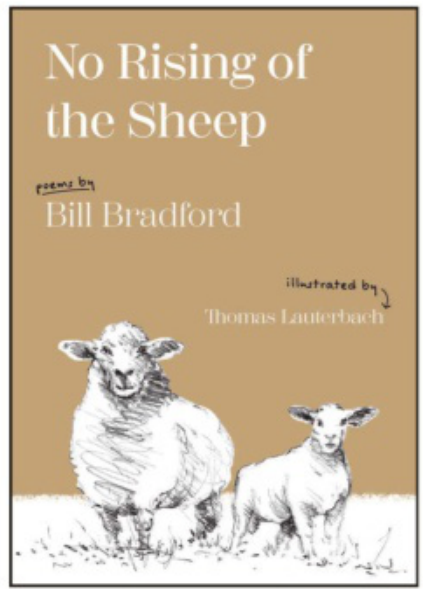
ANJALI PINTO

Outside the herd

New collections of poetry range through cultural dislocation, Jungian psychology – and sheep farming.







NICHOLAS REID

PEOPLE PERSON, *by Joanna Cho (Te Herenga Waka University Press, $30)*

In "People Person", the title poem of Joanna Cho's debut collection, the poet considers trying to be the sort of person who is able to mix easily with others. But she feels awkward and out of place. Often, she retreats into herself. Even if she has a basketball-playing boyfriend (referenced in a number of poems), she is not a "people person".

Much of this collection is about awkwardness and the difficulty of adjusting to new situations. An expatriate Korean settled in New Zealand, Cho writes of how things change for a child when parents broke up; how different Korean and New Zealand mores are; the oddities of language; and an abiding nostalgia for one country while living in another. She has one rock to cling to – her artist mother, whom she admires even if she is of a very different generation. Cho's preferred styles are free verse and prose poems, like the long closing poem "The White Swans Are Dancing", which seems pure autobiography. A lucid and very readable collection.

RENOIR'S BICYCLE, *by Michael Harlow (Cold Hub Press, $28)*

Michael Harlow's 13th collection is specifically subtitled "a collection of prose poems". But is the seasoned poet being modest? At least a few of these poems are presented in orderly stanzas. While Harlow sometimes produces lyrical versions of childhood remembrances, as in "Chiaroscuro, light loves and shadows love too", he more often favours cryptic parables probing psychological states.

His work is filled with symbolic imagery of past ages – gypsies, blind girls, seers, dreams, forests, doors, locks and frequent references to Greece. All this is

Steering through

Fun but pointed debut about being an Asian-American woman in US academia.

REBECCA ZHONG

DISORIENTATION, *by Elaine Hsieh Chou (Picador, $39.99)*

Campus novels are particularly fertile ground for exploring issues of power dynamics and today's impassioned identity politics. In Elaine Hsieh Chou's debut novel, eighth-year Barnes University PhD student Ingrid Yang wrestles with the work of fictional deceased poet Xiao-Wen-Chou, or, as she calls him, "Chinese Robert Frost".

Ingrid is nothing short of a hot mess. She's months away from the end of her funding, has developed an addiction to antacids, and is procrastinating about finishing her thesis by writing erotica on an ensuing romance between Barnes' East Asian Studies archivist Margaret and her dazed intern Daryl.

Ingrid couldn't be less interested in Xiao-Wen-Chou. While he is still seen as the crown jewel of Barnes' former faculty members, his work is quickly gathering dust among that of the newer generation of Asian-American poets. The younger writers are more daring, "writing about the texture of their genitals, gentrification and the gig economy" rather than giving in to the orientalist "white gaze". It's the chair of East Asian Studies, Michael Bartholomew, who eventually convinces Ingrid to commit to Xiao-Wen-Chou.

Bartholomew, who rolls Baoding balls around his hands during office hours, speaks to the eurocentric tendency to overindulge in all things

CINDY TRINH

Elaine Hsieh Chou

appropriate for a poet who is a Jungian therapist by profession. But it does mean the reader has to work hard to unpick the meaning of some poems. Among the more limpid are "Being sane, going crazy, or not", which deals with a recognisably real and credible situation, raising the time-worn question: who has the right (or insight) to label somebody as insane? Watch also for the charming "Touch", which guides us to see the world as purely and sincerely as a 10-year-old might. The appropriate word for this collection is challenging.

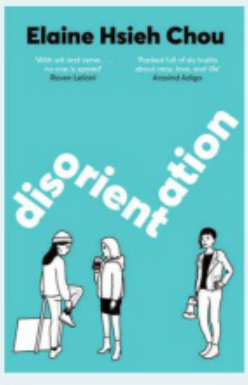
NO RISING OF THE SHEEP, *by Bill Bradford (Mary Egan Publishing, $30)*
In stark contrast, Bill Bradford's first collection is colloquial, accessible and down to earth. Having been a shepherd for years, Bradford moved on to being a trade-union organiser. His poetry charts both callings.

In vivid detail, he gives us the shepherd's hard-case life, rostering horses so you don't overwork them; releasing the rams to tup the ewes; training the huntaway; negotiating deep gullies with a scattering flock in front of you. "Salon Day" sees it from the sheep's perspective. "Davie and Gordie" is a "revenge" poem about a shepherd who has been mistreated by his boss. "Sheepworld" ticks off the flippancy of tourists who come to see sheep shows without understanding the toil involved. Regrettably, a few rhymed poems wander into doggerel territory, but the envoi poem "Words" is an excellent piece of self-revelation, a declaration of a life's purpose. The text is illustrated by Thomas Lauterbach's sketches. ▮

foreign, asking if his students have "experienced an identity crisis related to being Chinese-American". The intrigue of the novel comes from watching Ingrid navigate moments like these, both uncomfortable and all too familiar for those in diaspora. Despite her department teeming with older white men who correct her Mandarin pronunciation, Ingrid loathes Vivian Vo the most. The outspoken liberal is the darling of the postcolonial studies department, spending her days advocating for minority groups and publishing journal articles, yet still finding time to call out Ingrid on her scant knowledge of social justice issues.

Disorientation is unwaveringly funny, though the novel's characters lack the same consistency. At times, so much attention is placed on landing a joke that its people are reduced to caricatures. It may be that the novel has bitten off more than it can chew, as it struggles to get to grips with its themes of fetishisation, orientalism and identity politics.

Despite this problem with focus, the novel encourages you to laugh in a way that few others do. Each chapter is a new catalyst for a storyline that's wildly unpredictable, and Chou cleverly leaves the reader just enough space between each punchline to ponder the weight that they carry. A striking debut. ▮



Poetry

Dig Deep!

by Joanna Cho

I have to write a poem
but I'm finding it quite hard
so I call him and he says,
'Dig deep!'

He is driving back from basketball
in Palmy, where he trains three times a week.

Picture him, drinking
a large bottle of protein shake
in an old Corolla, on the open road
at night.

I say, 'I just wanted to run some ideas by you'
and he says, 'You know Jo, it's a game of inches'
and I go, 'Huh?'

I proceed: 'I'm not sure if the voice is mine' and he says,
'Trust in the process. It's a long game, you've got
plenty of time' so I go,
'Yeah but musically it's not working' and

he adds, 'Have you been studying the
plays Coach sent us?' and I hold the phone
a little away from my ear,
look at it disbelievingly, then place it back.

I try again: 'Do you think writing about making dumplings
in conjunction with an inability to communicate well
is a cliché?'
He is excited now. 'Hard work beats talent when talent doesn't work hard!'

I say, 'I *am* working hard! I just need someone
to talk to'
and he says, 'Find your second wind, Jo. Are you getting
enough electrolytes?

You can't get by on just fitness, not at this level, it's about practice,
there's not much more to it.'

I wonder if he knows
who he's talking to, so I say,
'Er'
but he shouts, 'No pain, no gain!'

I say, 'Please! The pantoum is too mathematical!'
but he just goes, 'Ooosh, bro, take it easy, it's a marathon, not a sprint.'

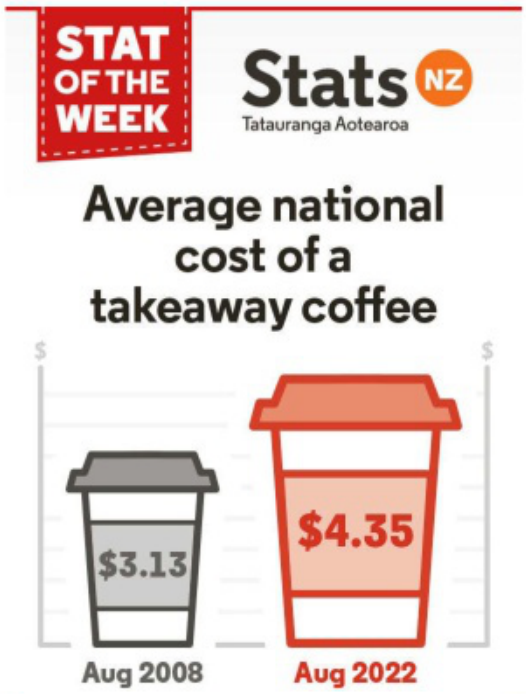
There is a moment of silence, only
the sound of the car rushing on
like water.

I try again. 'Okay, listen – '
but he interrupts. 'The best defence is a good offence. What's your strategy?'
I look around the room we share.

My lack of response must have made him realise something because
softly now, he says, 'Jo, we got you. You got this. You're my MVP.'

This does not inspire me.
I go to hang up, but suddenly, with renewed gusto, he goes,
'Teamwork makes the dream work!'

From **PEOPLE PERSON** *(Te Herenga Waka University Press)*



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NZ MC NEW ZEALAND MEDIA COUNCIL

BRIDGE by David Bird

NORTH
♠ 6 5 3
♥ 5 4
♦ K J 9 7 6
♣ 8 6 2

WEST
♠ J 9 4 2
♥ Q 10 6 2
♦ 5 2
♣ Q 9 4

EAST
♠ Q 10 8
♥ J 9 7 3
♦ A 8 4
♣ K 7 3

SOUTH
♠ A K 7
♥ A K 8
♦ Q 10 3
♣ A J 10 5

Love all, dealer South

West	North	East	South
—	—	—	2NT
Pass	3NT	All pass	

How will you play 3NT when West leads the two of hearts to East's jack? First, you note that the lead of a two suggests that hearts are breaking 4-4. (Since West's fourth-best heart was the two, he cannot have a fifth-best heart.) You win East's jack of hearts with the ace and lead the queen of diamonds, overtaking with dummy's king. East has to hold off the ace, or you will score four diamond tricks. Since the hearts are 4-4, it is now safe to play a club to the jack. West wins with the club queen and persists with another heart. You win with the king of hearts and lead the 10 of diamonds, overtaking with the jack. Once again East has to hold up the ace of diamonds to kill the long diamonds in dummy. The diamond suit is dead, but at least it has provided you with two entries to dummy. Continuing to make good use of these entries, you finesse the 10 of clubs. This finesse succeeds and you now have eight tricks. When the club suit obligingly breaks 3-3, a ninth trick comes your way. You score three club tricks to go with two tricks from each of the other suits. Game made. Whenever the defenders thwart one plan by holding up a stopper, look to see if you can take advantage of the extra entry that has been granted you. On this deal, you could use the extra entries to develop a different suit successfully.

BIDDING QUIZ

WEST	West	North	East	South
♠ 5 3	—	—	1S	Pass
♥ J 2	2C	Pass	3C	Pass
♦ K Q 5	?			
♣ A Q 9 7 6 2				

What will you say on the West cards?
(Answer on page 58.)

TAKE 5 by Simon Shuker

■	1	2	3	2	4	■
5	■	■	2	■	■	6
7	8	5	8	9	1	7
8	■	9	■	3	■	1
5	7	10	10	7	7	5
7	■	■	7	■	■	7
■	5	2	7	6	7	■

No.1435

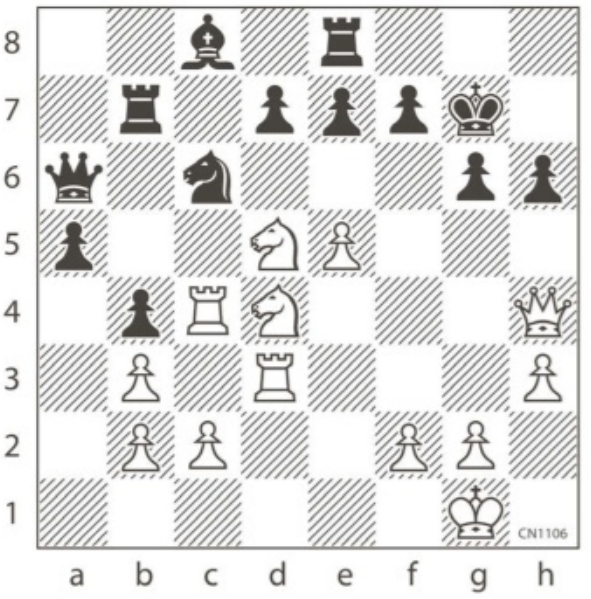
Enter the letter given, then solve.

10 = T

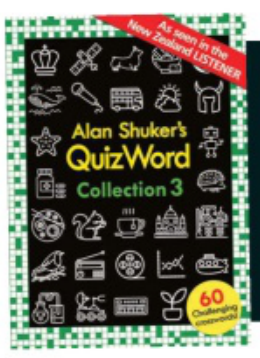
Solution 1434

L	■	■	S	O	B	S
A	B	L	E	■	A	■
S	■	■	E	■	K	■
T	R	O	T	T	E	R
■	A	■	H	■	■	E
■	K	■	E	L	S	E
B	E	E	S	■	■	L

BARDEN'S CHESS PROBLEMS



Adam Ashton v Steve Kee, Manchester Open, 2015
White (to move) has a powerful attacking position. The special point to note for your own games is how White's rook lifts Rc4 and Rd3 have brought his major pieces into action in front of his pawns. How did White now score in style?
(Answer on page 58.)



PUZZLE BOOK GIVEAWAY

We're giving away 20 copies of *Listener* puzzle meister Alan Shuker's latest *QuizWord* book, featuring 60 crosswords to challenge your general knowledge and word skills. To enter, please email your name and address to listenergiveaways@aremedia.co.nz with QuizWord in the subject line. Visit quizword.nz for more information. Entries close at midnight on November 1, 2022.

QUIZWORD by Alan Shuker

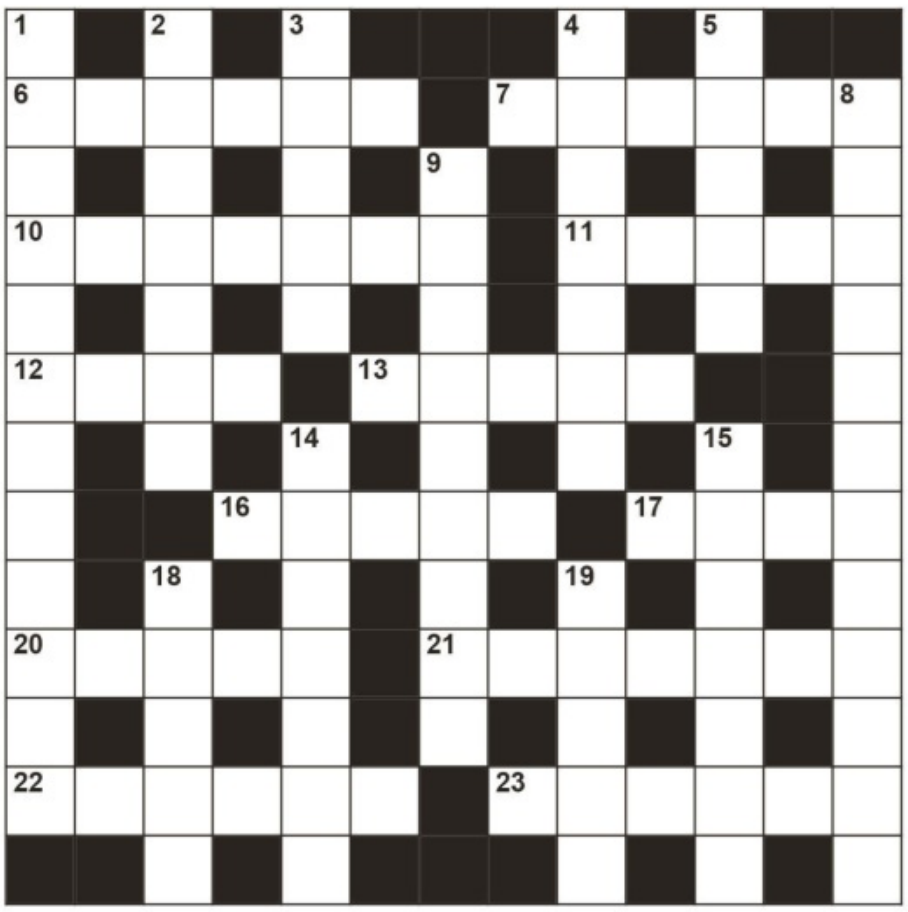
Puzzle No 1671

Clues across

6. What long noosed rope is used to catch animals? (6)
7. What partition separates the chambers in the nose? (6)
10. What sharp-edged tooth is for cutting? (7)
11. What wicker basket is used by anglers to hold fish? (5)
12. The red berries of which New Zealand tree are a favourite of kererū in autumn and winter? (4)
13. Who might use a bunny hill? (5)
16. Which Disney character began his career in 1932 as Dippy Dawg? (5)
17. Which European capital has over 700 art nouveau buildings, more than any other European city? (4)
20. What is an extensive grassy and nearly treeless plain in Latin America? (5)
21. According to Pliny's *Natural History* of 77 AD, Emperor Nero used what gemstone to improve his eyesight? (7)
22. Which sugar substitute comes from the leaves of a plant native to Brazil and Paraguay? (6)
23. What is a male goose? (6)

Clues down

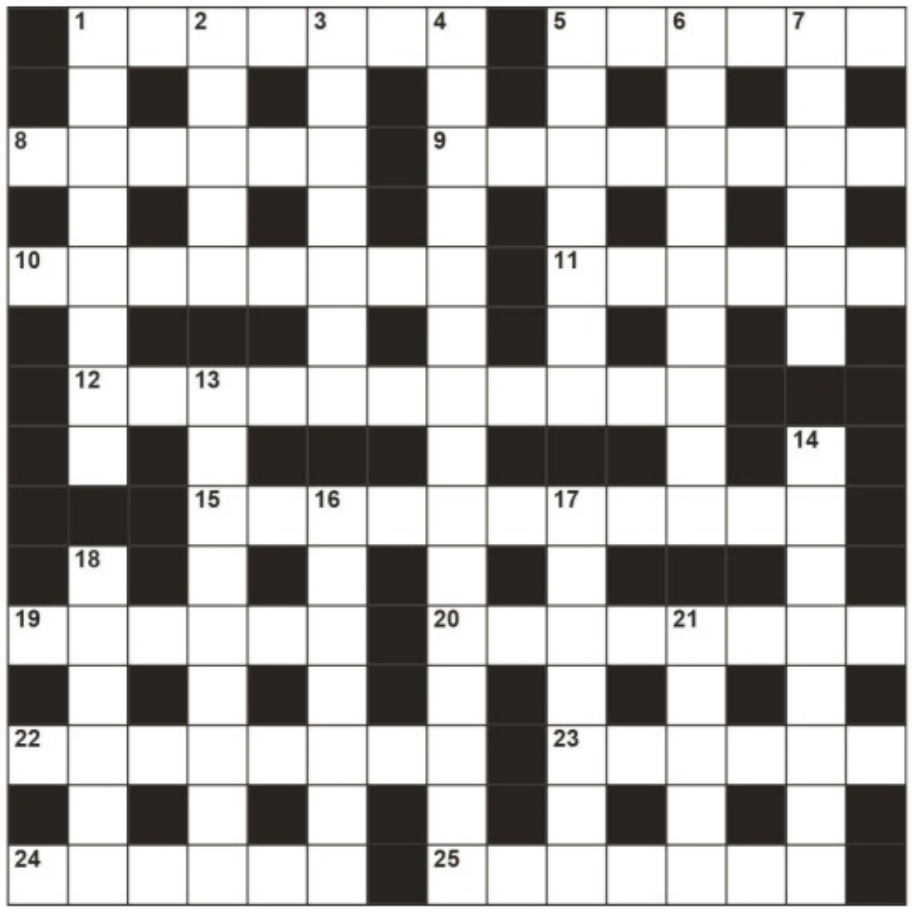
1. Believing they should be white, British Museum curators scraped the last traces of the original bright colours from what in the 1930s? (5,7)
2. What is a pattern of interlacing ribs in the upper part of a Gothic window? (7)
3. The Persian language is also known as what? (5)
4. What are used in hirudotherapy, a method of reducing blood build-up in plastic and reconstructive surgery? (7)
5. What knife sharpener consists of a ridged metal rod? (5)
8. Who is the protagonist of a 1722 Daniel Defoe novel who tells of her turbulent life? (4,8)
9. Who composed the ballet *Romeo and Juliet*, premiering in Brno in 1938? (Sergei ___) (9)
14. Who composed the opera *Prince Igor*, unfinished when he died? (Alexander ___) (7)
15 Who composed the group of four violin concertos *The Four Seasons*? (Antonio ___) (7)
18. Who composed the orchestral work *Boléro*, his most famous but personally least favourite work? (Maurice ___)(5)
19. Who composed the operetta *The Merry Widow*, the costumes creating a fashion trend? (Franz ___) (5)



Solution 1670 Across: 1/4 Harry Truman, 9 Denmark, 10 Angst, 11 Iron, 12 Piscine, 13 LVI, 14 Echo, 16 Easy, 18 Ear, 20 Trident, 21 Brie, 24 Type O, 25 Douglas, 26 Carafe, 27 Haydn. **Down:** 1 Hedwig, 2 Rondo, 3 Yuan, 5 Roadster, 6 Muggins, 7 Nutmeg, 8 Okapi, 13 Lone wolf, 15 Clipper, 17 Static, 18 Étude, 19 Nelson, 22 Riley, 23 Ruth.

CROSSWORD by David Tossman

Puzzle No 1303



Clues across

1. Get net return on restless desire to beguile (7)
5. Confront having poster put in front of building (6)
8. Someone taking excessive interest makes upstart more confident (6)
9. Gave in stupidly to sado-masochist dietary regime (8)
10. Expert is running amok as one must to be reborn (3-5)
11. A speech praising European Union record at end of day (6)
12. Tired, upset, and of a mind to be harmful (11)
15. Quirky fan has a thing expelling hydrogen in country (11)
19. Bother to score 50 in Ashes debacle (6)
20. Hanky out, prepared for a polite response (5,3)
22. State complexion in America and fuss follows (8)
23. Pressed one right and one down (6)
24. "Stop dead!" I hear as I see wall sculpture (6)
25. Undo tie, resolve to get someone else to cook and serve (4,3)

Clues down

1. Stand or sit across for the most superior bicycle journey (8)
2. Swore badly – even more so (5)
3. Interim arrangement made for the ends of the line (7)
4. Acquire the very latest to close the argument (4,3,4,4)
5. A delusion seeing hothead replaced by soldiers in battle (7)
6. Called in unwell before tea, beginning a romantic sort of meal (9)
7. For party with herb get a certain quantity of drugs (6)
13. Swap parents? So silly! (9)
14. It's trendy: on the unemployment benefit with empty nest, being work-shy (8)
16. A gender change can be explosive (7)
17. A language one managed with Mr Fleming (7)
18. Victor with a bucket down produces steam (6)
21. A big city for some cow cocky, Otorohanga way (5)

Solution No 1302

■	B	A	S	H	F	U	L	■	W	I	D	O	W	■
■	A	■	C	■	E	■	A	■	A	■	O	■	O	■
S	T	R	E	A	M	■	M	A	R	I	T	I	M	E
■	E	■	P	■	U	■	P	■	R	■	T	■	A	■
■	D	E	T	E	R	I	O	R	A	T	I	O	N	■
■	■	■	I	■	■	■	O	■	N	■	E	■	K	■
F	R	A	C	T	I	O	N	■	T	U	R	N	I	P
■	E	■	■	■	N	■	■	■	E	■	■	■	N	■
A	D	O	R	E	S	■	G	O	D	S	E	N	D	S
■	C	■	E	■	I	■	E	■	■	■	R	■	■	■
■	A	C	C	I	D	E	N	T	P	R	O	N	E	■
■	R	■	Y	■	E	■	E	■	S	■	S	■	R	■
S	P	E	C	I	O	U	S	■	A	V	I	A	R	Y
■	E	■	L	■	U	■	I	■	L	■	O	■	O	■
■	T	W	E	E	T	■	S	E	M	I	N	A	R	■

su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

			5					
7		6					1	
8		5		2		4		9
				9			4	
5								2
	8			1				
2		3		6		5		8
	7					2		3
					9			

848 MEDIUM

	5			6				
							4	2
				9	4			8
		4	3				9	
	8	2				7	5	
	6				8	2		
7			1	3				
6	4							
				7			3	

659 HARD

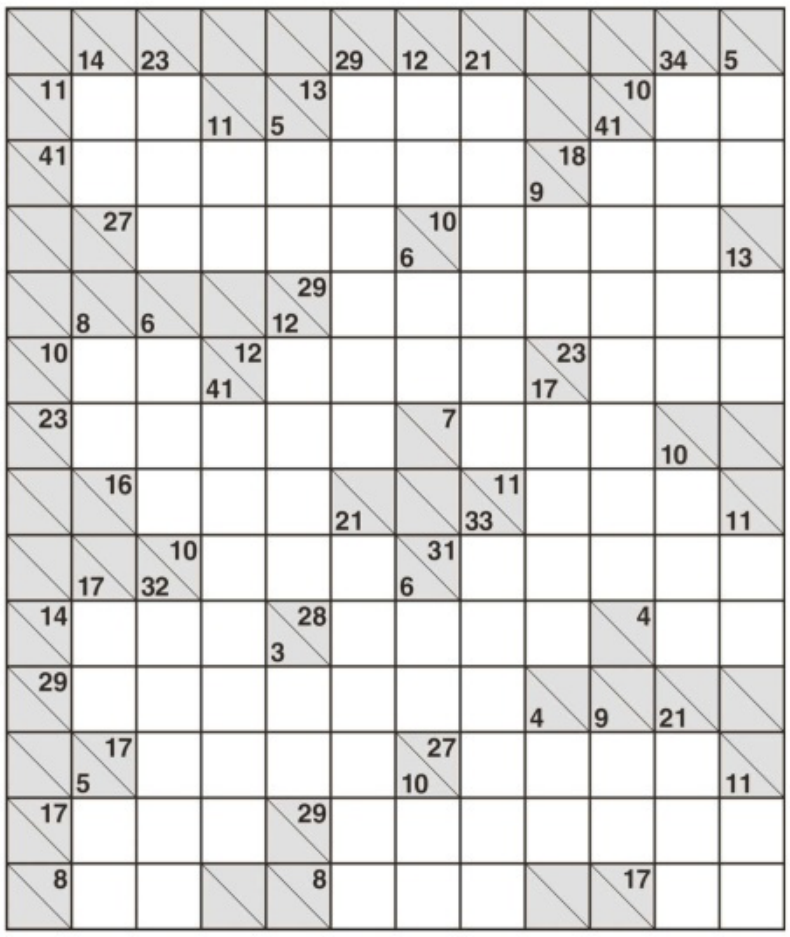
LAST WEEK'S SOLUTION

8	2	1	4	5	3	9	6	7
5	9	3	7	6	8	2	4	1
4	6	7	2	1	9	3	5	8
1	4	6	9	7	5	8	2	3
3	5	8	1	4	2	7	9	6
2	7	9	3	8	6	5	1	4
7	3	5	6	2	4	1	8	9
9	8	4	5	3	1	6	7	2
6	1	2	8	9	7	4	3	5

LAST WEEK'S SOLUTION

7	4	1	5	8	2	6	3	9
5	2	9	1	3	6	4	7	8
8	6	3	9	7	4	1	2	5
1	7	4	6	5	3	9	8	2
2	8	5	4	9	7	3	1	6
3	9	6	2	1	8	7	5	4
6	3	2	7	4	5	8	9	1
4	1	8	3	2	9	5	6	7
9	5	7	8	6	1	2	4	3

KAKURO 822



1. Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

8	4				8	5			5	9
7	2	8		5	7	2		9	1	3
3	1	6		4	5	3	1	8	2	6
		3	1		4	1	2	6		
	7	9	3	8	6			4	9	
2	9		6	9	2		9	1	7	
3	8	9	4	6		6	2	3	5	1
	6	5	2		4	9	7		8	5
	5	7			2	8	3	4	1	
		8	9	7	5		1	3		
8	3	4	5	2	1	6		1	2	4
3	1	6		8	7	9		8	6	9
5	4			1	3				1	2

BRIDGE BIDDING QUIZ SOLUTION

You should bid 3D to show your diamond stopper and let partner know that you have no stopper in hearts. (With both the red suits stopped, you would have bid 3NT.) If partner holds a heart stopper, he may choose to bid 3NT now. Had you bid 3H at your second turn, this would have shown a heart stopper and denied a diamond stopper.
Awards: D - 10, 3NT – 6, 4C or 5C - 4.

CHESS SOLUTION

1 Nf5+! gxf5 2 Rg3+ Kh7 (or Kf8 3 Qxh6 mate) 3 Qxh6+! Kxh6 4 Rh4 mate.

10 QUICK QUESTIONS ANSWERS

1. Parker-Hulme.
2. *Psycho*.
3. Marcescent leaves stay attached to the tree.
4. *Schindler's List*.
5. Beetles.
6. 1954.
7. Northern Germany.
8. Ball bearings
9. The Milankovitch cycles describe how the Earth's position in space affects climate patterns.
10. Cold

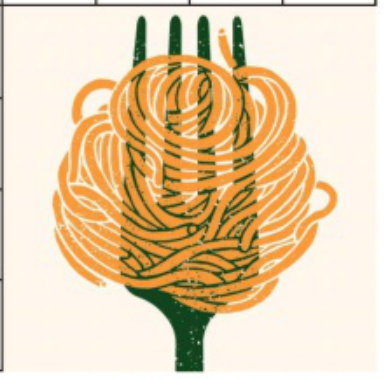
LOGIC PUZZLE PRIZE PASTA

Four of the town's best chefs put up a different dish in a pasta competition:

1. The tortellini dish placed higher than the vermicelli dish.
2. Concerning Isolde and Chico, one cooked the tortellini and the other won second place.
3. The vermicelli dish scored higher than Fred's dish.
4. Isolde cooked spaghetti.

Using these clues and the grid below, can you work out which chef cooked which pasta and how they placed in the competition?

		CHEF				TYPE OF PASTA			
		Chico	Fred	Isolde	Stefanie	Spaghetti	Tagliatelle	Tortellini	Vermicelli
PLACE	First								
	Second								
	Third								
	Fourth								
TYPE OF PASTA	Spaghetti								
	Tagliatelle								
	Tortellini								
	Vermicelli								



You may write your answers in this grid:

CHEF	PASTA	PLACE
Chico		
Fred		
Isolde		
Stefanie		

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

19	■	12	4	8	21	11	12	■	16	10	25	19
26	19	3	8	■	1	■	8	3	23	■	19	■
23	■	21	23	2	23	3	7	■	15	10	L	25
1	21	13	5	■	7	■	21	■	19	X	13	10
■	1	■	■	16	17	21	1	F	■	18	■	16
21	6	4	8	23	5	■	12	2	23	7	17	5
24	■	8	■	13	■	■	■	8	■	19	■	10
24	1	21	20	19	3	■	16	23	3	3	10	16
10	■	12	■	11	8	13	19	11	■	■	16	■
5	12	21	1	■	5	■	5	■	22	19	19	1
12	10	1	19	■	26	21	5	1	23	9	■	10
■	15	■	2	23	19	■	19	■	14	19	5	10
16	21	9	18	■	7	10	1	7	19	12	■	15

1	2	3	4	5	6	7	8	9	10	11	12	13
	L							X				
14	15	16	17	18	19	20	21	22	23	24	25	26
	F											

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

SCATTERWORD

Your aim is to create words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plural/verb forms which add only "s".

See if you can find the nine-letter word using up all the letters.

21 GOOD

25 VERY GOOD

29+ EXCELLENT

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

C H E W Y

_ _ _ _ _

_ _ _ _ _

_ _ _ _ _

_ _ _ _ _

P A S T A

Last week's solutions. Logic Puzzle: Boris rescues an 8-month-old tabby, Penelope rescues a 4-month-old Burmese, Theresa rescues a 6-month-old Siamese while Waldo rescues a 2-month-old Persian. **Scatterword:** LAMPBLACK, cabal, calla, llama, black, clamp, baal, lama, balk, ball, balm, blam, lamb, calk, lack, call, calm, clam, clap, mall, pall, lamp, palm. 23 words. **Permutate:** TABBY, ABBOT, ABOUT, DOUBT, BOUND, FOUND **Clueless crossword:**

1	2	3	4	5	6	7	8	9	10	11	12	13
M	N	B	A	F	H	J	R	L	T	P	V	Q
14	15	16	17	18	19	20	21	22	23	24	25	26
U	X	S	E	K	Y	O	Z	W	I	D	C	G

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Healing stage

Why actor Richard E Grant is bringing his one-man show based on the memoir of his wife's death to New Zealand. by RUSSELL BAILLIE

Richard E Grant's wife, Joan Washington, died a year ago. The actor's new book, *A Pocketful of Happiness*, chronicles the nine months from her cancer diagnosis to her death, interspersed with longer, happier memories of their 38 years together.

This month, he starts one-man shows based on the book on a tour that brings him to New Zealand for a second time – he was first here in the late 1990s on the writer's festival circuit with his first memoir, *With Nails: The Film Diaries of Richard E. Grant*. That book showed a wry eye on being in the movie business. The new one does, too, but mostly *A Pocketful of Happiness* is about those months when Grant and Washington and their only daughter, Olivia, were preparing themselves for the worst, then the worst happening.

He and Washington met in 1982, when she was a dialect and dialogue coach to the stars and Grant wasn't yet one, having newly arrived in London from an upbringing in Swaziland and study in South Africa with dreams of becoming an actor. His time-capsule English colonial diction served him well through the years, even qualifying him as a dialect coach himself, of sorts, when he played *My Fair Lady*'s Henry Higgins on stage a couple of times.

Like *With Nails* and 2006's *The Wah-Wah Diaries: The Making of a Film*, which recounted his efforts to turn his Swaziland boyhood into a film, *Wah-Wah*, the latest memoir also offers amusing tales about his recent career. There's his infectious joy, first displayed on social media, at the time of his first Oscar nomination for *Can You Ever Forgive Me?* There are his appearances in the Star Wars, Marvel, *Game of Thrones*, *Downton Abbey* and Jane Austen screen universes. But most of the book takes place at home, either in London or at a cottage in the Cotswolds.

"She's the only person I've ever met who asked as many questions as I did of her and that was the instant connection."

A Pocketful of Happiness finishes with eight pages of tributes to Washington from the many actors and directors with whom she worked.

It's early morning in London when Grant, all high forehead, blue eyes and wide smile, appears via Zoom.

Why a book and why so soon?
It wasn't something I had planned to do. I posted a piece on New Year's Day on social media saying that my wife had said to my daughter and me just before she died that sad as we would inevitably be, we also have to try to find a pocketful of happiness in each day. So the deluge of responses instigated it. Publishers called my literary agents – would I write a memoir? My immediate response was, "No, I couldn't possibly", because it was just two months after my wife had died. I couldn't conceive of doing that and I told my daughter about it. She said, "I think that this would be something that would be really helpful for you." I was amazed to hear her say that. Then I wrote it on the proviso that if my daughter vetoed the final manuscript, or anything in it, that would be her prerogative, because I didn't want to jeopardise my relationship with her in any way. My publishers agreed and she read it and said, "I think that it's an absolutely moving and funny account of your 38 years together and a great tribute to her." So I got her stamp of approval, which is the most important thing for me.

So it has proved to be something that's been cathartic and helpful ... if you go by the idea that if you write the most personal account of something, it then has the opportunity to prism out, to reach the widest number of people.

The previous two memoirs were largely about the backstage life of an actor in the movie business, this one is largely about your family life. Was writing it different? Is it the same guy?
Yes – no different whatsoever. Because I've kept a diary since I was 10, I have the habit of writing every day. It's lifelong and ingrained. So in the same way that I tried to make sense of my mother's adultery, which I inadvertently witnessed in the backseat of a car when I was 10, that impulse, I suppose, guided me through my wife's illness. At the end of each day, it was the only way I could try to make sense – by writing down what was going on. I kept a very, very extra-detailed account of the whole process from the day of diagnosis to her death on September 2 last year.

How did you feel when you finished writing?
It was a weight off my shoulders. What I really felt was that in writing the book, it was like a resurrection and that I was intensely close to my wife again. So when the book ended, it was like a sort of second bereavement. She was so in my head when I was writing it and

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Richard E Grant:
"It wasn't something
I had planned to do."

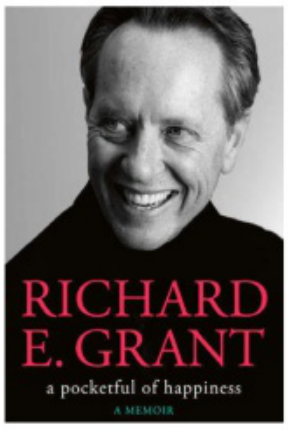
Richard E Grant with his daughter, Olivia, and wife, Joan Washington, at the Golden Globes in 2019.

GETTY IMAGES

reading all the pre-internet letters we exchanged that it felt like a real loss. But at the same time, a real heartfelt tribute.

It must have been an interesting way of crystallising your memories of your life together.
Yeah, exactly, and it's my version of it. Somebody else will, of course, remember her differently or have had a different experience. But what has been amazing as well is I've been sent photographs. Somebody sent me photographs two days ago that they had taken of my wife, my daughter and me in St Mark's Square in Venice. She had obviously taken them on a long lens and she apologised and said, "You don't know me but 25 years ago, I was in Venice. I saw you early in the morning with your family taking photographs and I took photographs of you. I thought as your wife has died you might like to have these." And it was an absolutely amazing feeling to see them because I can see the relationship of our family in these photographs so clearly and they're taken by a total stranger.

And you have done an audio book recording as well.
Yes, that was extremely sad. The second day of recording was very challenging, but by the same token it has an immediacy when you're hearing the person who's experienced it ... you can't hide the emotion of it. The audio version is warts and all.



"When I've posted about navigating the tsunami of grief that has walloped me and my daughter, that has resonated."

Joan was an accent and dialect coach. Did she find you attractive because you were so well spoken?
I don't know. She's the only person I've ever met who asked as many questions as I did of her and I suppose that was the instant connection. She said, "You ask a lot of questions for an Englishman, but I suppose you're not, because you're from Swaziland." And I said, "Well, you ask a lot of questions for somebody who's from supposedly Calvinist Scotland, where emotions are supposed to be buttoned down."

Now the book of your life together is a show, or at least the background to one. How will that work?
The first half will be me blathering away like I am to you. The producers said they thought it would be better not to have somebody sitting on stage interviewing you ... but it's going to be much more terrifying just to walk out there alone. In the second half they have an app where the audience can ask questions. And, of course, there's nothing as unpredictable as an audience because you have no idea what they're going to ask. So hopefully that gives the evening a sort of lift-off. I'm looking forward to that.

It must be doubly exposing to go on stage and talk about all this?
Yes, I suppose it is. But the ongoing dress rehearsal, if you like, has been my experience of social media because there was no plan involved. When my daughter and I had lunch in Notting Hill Gate three years ago, when the Oscar nominations came out, I parked around the corner from the bedsit that I lived in when I first emigrated to London in 1982. She videoed my reaction and that thing went viral in a way that I had never experienced before or since. Then, without any plan, it became this almost daily posting about what the process was to be a nominated actor for the first time. That went on for the whole awards circuit. I'm not complaining about it, but you don't get any salary.

So in the same way, when I've posted about navigating the tsunami of grief that has suddenly walloped me and my daughter, that has resonated with people. Everybody knocks social media and people are cynical about it ... but my experience has been 98% positive. I may be proved wrong but I think that is what has helped get my head around being able to do the show. ▮

Richard E Grant, Auckland Town Hall, Saturday, November 26:
A Pocketful of Happiness *(Simon & Schuster, $49.99).*

MUSIC

GRAHAM REID

Good form

Racing reaps golden harvest, Troy Kingi goes back to the 80s.

MUST BE THE MOON, *by Racing*

The Beths' *Expert In a Dying Field* debuting at No 1 on the album charts hints at a possible renewed appetite for guitar-driven rock.

If so, Auckland's Racing are in pole position with their heroic, self-produced second album.

Racing have considerable pedigree: singer Ed Knowles and guitarist/keyboard player Sven Pettersen were in the chart-busting, award-nominated and popular Checks, Daniel Barrett (bass, keys) came from psychedelic rockers Sherpa and drummer Izaak Houston from Space Creeps.

As Racing, they have been together six years, have had successful singles on rock radio and opened for Liam Gallagher, Primal Scream and others.

Must Be the Moon opens with a thrilling trifecta: the chest-to-the-storm sound of the early single *Southern Lovers;* the dance-floor groove of *Flashback*, then *In Silver,* the nagging hard rock offspring of Blondie's New Wave pop built for phone-waving stadium crowds.

It's not all majestic – the catchy *High for My Lovers* is more mirrorball pop – but the breadth of sound and the mix by top British engineer Dave Eringa (Manic Street Preachers, Ocean Colour Scene) put some of this in similar territory as The Verve's grandeur (evident on *The Soul*).

And *Ain't It Crazy* brings to mind the rock-disco cross-over that Golden Harvest once effected so successfully. All these references are compliments.

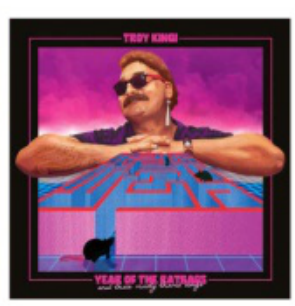
Troy Kingi: big new dance-hall sound. Top, Racing, whose *Must Be the Moon* shows their pedigree.

Must Be the Moon is smart and diverse within the genre of guitar-driven rock with multiple entry points for those looking for exciting, wide-screen music beyond The Beths.

YEAR OF THE RATBAGS AND THEIR MUSTY THEME SONGS, *by Troy Kingi*

The sixth instalment of Kingi's self-imposed 10.10.10 project (10 albums in 10 genres in 10 years) finds the musical polymath – again co-writing with Delaney Davidson on the banging single *Paparazzo* – alighting on the 80s for songs that owe as much to the decade's jittery pop (*Age Is Just Numerical*), upbeat ballads (*A Little Knowledge is a Dangerous Thing*) and dreamy soundtracks (*Authenticity,* which asks "are you an imitator or an emulator?") as flashy synth-pop.

Unlike his soul outing *The Ghost of Freddie Cesar*, which referenced Curtis Mayfield, the Chi-lites, Marvin Gaye and others, some of these songs aren't as clearly grounded in specific artists. Rather, the 12 tracks evoke that diverse decade with hints of slick soul-pop, Prince, Duran Duran and Spandau Ballet: busy lyrics, a sometimes abstruse storyline about fame, punctuated by musical quotes with a few in-jokes and an archetypal 80s sax solo on *Authenticity.* A big sound designed for, dare we say it, dance-hall days? ▮



Must Be the Moon *is available now on digital platforms. Racing's Must Be the Moon tour: Tōtara Street, Mt Maunganui, October 28; The Yard, Raglan, October 29; San Fran, Wellington, November 4; Porridge Watson, Whanganui, November 5; Yonder, Queenstown, November 10; Dive, Dunedin, November 11; Loons, Lyttelton, November 12; The Cabana, Napier, November 18; The Dome, Gisborne, November 19; Powerstation, Auckland, November 25*

Year of the Ratbags and Their Musty Theme Songs *is out now on cassette, LP and digital platforms. Album release party: Powerstation, Auckland, October 14.*

FILM

SARAH WATT

Char meets chère

Lesley Manville shines as a blue-collar woman pursuing her dream dress.

MRS HARRIS GOES TO PARIS
directed by Anthony Fabian

Its cutesy rhyming title suggests *Mrs Harris Goes to Paris*, the story of an English charwoman's gutsy voyage to the fashion capital of the world, could be just a superficial, clichéd ball of fluff. In fact, her adventures in 1950s haute couture make for a delightful romp, a comedy drama embroidered by engaging performances by an ensemble of serious actors and a story that isn't as predictable as might be expected.

At its centre is stalwart of British stage and screen, Lesley Manville, best known for her multiple turns in Mike Leigh's movies before she scored an Oscar nomination alongside Daniel Day-Lewis in *Phantom Thread*. She's also Princess Margaret in the imminent

Terribly tangled

Stars can't save caper from excesses of director.

AMSTERDAM
directed by David O Russell

Murder mystery *Amsterdam* comes packed to the gunnels with famous actors sporting wonderful 1930s period garb and a variety of accents. But the latest from controversial writer-director David Russell (*Silver Linings Playbook*, *American Hustle*) is a convoluted mess that disappoints as being neither the crime caper comedy you expect nor the political cautionary tale it wants to be.

It starts promisingly with classic noir elements: a suspicious death, the desperate plea of a grieving daughter (a surprisingly good Taylor Swift), and a voice-overed introduction to our leading men shortly before they are framed for murder.

Christian Bale (typically excellent) is Burt Berendsen, a battle-scarred doctor whose wife's snobbish family sent him to the Great War to improve his standing among

their Park Avenue milieu. Burt's best friend and lawyer, Harold Woodman, is played by the soft-spoken, blank-eyed John David Washington (disappointingly ineffectual).

Cue a flashback of the pair teaming up with Margot

Lesley Manville, middle, and Isabelle Huppert steal the show in *Mrs Harris Goes to Paris*.

new season of *The Crown*.

The wonderfully warm actress plays widow Mrs Ada Harris, a kindly cleaning lady leading a morally good and impecunious life in 1950s London, who finds new meaning in the City of Light amid beautiful frocks.

Relentlessly optimistic ("It's my lucky day today!" she chirps to the bus conductor on her daily commute), Ada has spent the past 12 years holding onto hope that her soldier husband will one day come back from the war. When she spies a sequined Christian Dior dress at the home of a rich client (a fun Anna Chancellor), she is inspired to save her pennies and travel to Paris to secure herself such a gown. But even if she can overcome the financial challenges, Mrs Harris will still have to deal with the French.

Fantasy is countered by a realistic subplot involving street protests and uncollected rubbish.

French luminaries Lambert Wilson (*Of Gods and Men*) and Isabelle Huppert (regular heroine of gritty art-house fare) here cover their serious chops in a lighthearted dressing, while the youth of today are represented by the stunning Alba Baptista and *Emily in Paris*' Lucas Bravo. The kids are all right as employees of the House of Dior who immediately support Mrs Harris' unlikely crusade – before you can say "voilà!" Mrs Harris is being measured by seamstresses whom she describes wistfully as "not sewing but making moonlight" – but it's Manville and Huppert who spark off one another best, as the working-class Pom stands up to the Parisienne's entrenched snobbery.

Without meaning to wade into stereotypes, it's not very vérité that the famous French atelier would be so charmed by Mrs Harris' aspirational naïveté, but at least this fantasy is countered by a realistic subplot involving street protests and uncollected rubbish.

The film is an adaptation of Paul Gallico's 1958 novel *Mrs 'Arris Goes to Paris*, previously made for TV in 1992 with Angela Lansbury and Diana Rigg, and the first in a series of four books (don't be surprised if this spawns a sequel set in New York).

While his story feels quaintly outdated at this moment of the 21st century, its message of following your dream is timeless. Even if you only watch the film for its period-perfect recreation of a Dior fashion show, *Mrs Harris* will bring you a bit of welcome Parisian sparkle. ★★★½

IN CINEMAS NOW

The stars fail to shed light on the story at the heart of David O Russell's *Amsterdam*.

Robbie's plucky, French-speaking nurse Valerie, a woman with a secret past with whom the men decamp to Amsterdam to live post-war life to the full. Then we're back in New York City 1933, where things get really complicated as they try to investigate the crime of which they are accused.

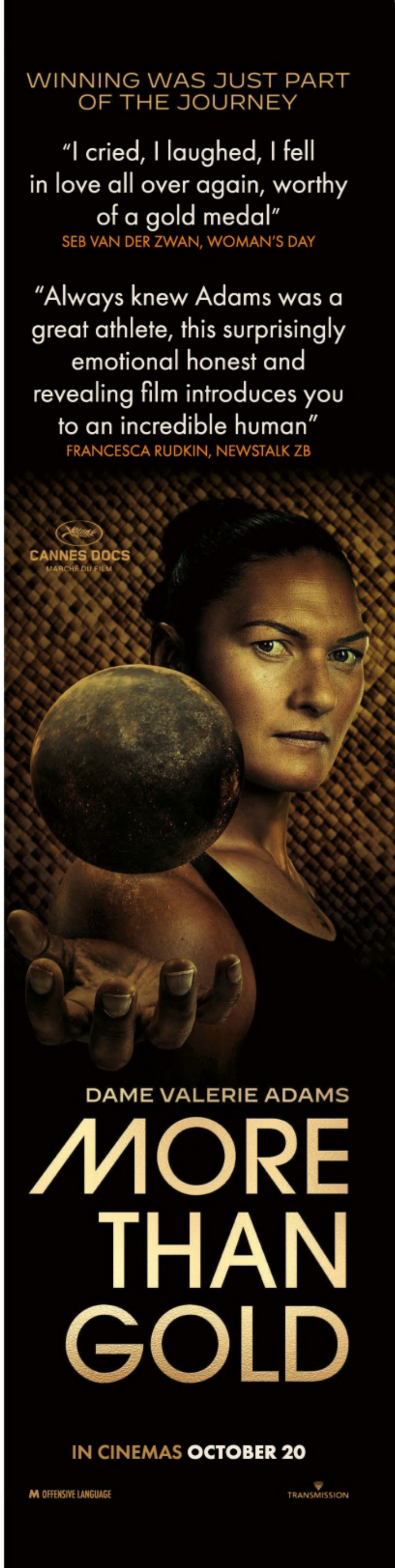
It takes almost all of the film's two and a half tangled hours for Russell's based-on-a-true-story script to get to its point. But by the time you realise the film isn't a fun murder mystery after all but Russell's soapbox for warning about fascism (which speaks as much to 2022's woes as its 1930s American setting), it feels like the end bears no relation to the means.

Russell's overwritten, underedited script forces such talented actors as Anya Taylor-Joy to repeat inanities, Oscar-nominated Michael Shannon to mutter from the back of the frame, and Belgian hunk Matthias Schoenaerts to do nothing at all. Andrea Riseborough impresses as Berendsen's cruel wife and Rami Malek is great if you can wait an hour and a half to see him. Only Mike Myers, as an MI6 agent with a glass eye and a wonderfully plummy voice, actually prompts a laugh.

The film's opening title card teases that "A lot of this actually happened", which might make you hope for another *Operation Mincemeat* – and it's true that a real-life General Smedley Butler was the inspiration for Robert De Niro's third act character General Gil Dillenbeck.

But whereas *Mincemeat* was a fictional retelling of facts, *Amsterdam* uses a few historic truths as a springboard for complete fantasy. All we get in the end is the incoherence of a director's fever dream. ★★½

IN CINEMAS NOW


WINNING WAS JUST PART OF THE JOURNEY
"I cried, I laughed, I fell in love all over again, worthy of a gold medal"
SEB VAN DER ZWAN, WOMAN'S DAY
"Always knew Adams was a great athlete, this surprisingly emotional honest and revealing film introduces you to an incredible human"
FRANCESCA RUDKIN, NEWSTALK ZB
CANNES DOCS
MARCHÉ DU FILM
DAME VALERIE ADAMS
MORE THAN GOLD
IN CINEMAS OCTOBER 20
M OFFENSIVE LANGUAGE
TRANSMISSION

Great deceivers

Ram raids grab our attention but a far greater crime wave is being overlooked, a new documentary reveals. by RUSSELL BROWN

DOCUMENTARY NZ: CRIME: NEED VS GREED, *TVNZ 1, Tuesday, October 25, 8.30pm*

Assuming you haven't spent the year blindfolded in a bunker, you'll be aware that the country, and Auckland in particular, has been subject to a spate of ram raids and smash-and-grab robberies. These crimes are distressing and costly for people whose businesses are targeted, and they make most of us feel unsafe. They're also prominently reported and sometimes illustrated with spectacular images lifted from social media.

Crime: Need vs Greed argues that in focusing on these street crimes, we're missing the real crime wave – a steep upward trend in fraud and other deception offences accounting for an order of magnitude more harm to the public – while crimes such as robbery and burglary are actually on a slow decline. But perhaps that's just human nature: street crime is tangible, fraud leaves no broken glass.

"Absolutely," says Tim McKinnel, the consultant investigator and former policeman who presents the documentary. "And you can understand why media report certain types of crime. People like to see exciting things, they like to talk about things that are tangible and easy to understand, and white-collar and corporate crime isn't always easy to understand. And the people that commit those types of crimes often don't look any different than mainstream society. That's part of what creates a difference in how they are treated by the criminal justice system and wider society, including media."

McKinnel conceived the documentary with director-producer Dan Salmon when the pair were working together on a film about the global fishing industry. Salmon admits he was surprised when they began looking into the numbers.

"The idea that money can buy you a better experience of justice didn't surprise me, but how skewed the system is, and the damage caused by its focus, should make us all stop and think," he says. "Tim talks about the word 'harm' a lot, and I think it's a useful measure for the justice system. What harm do specific crimes cause? Is the way we prosecute those crimes equitable? Do we cause further harm by prosecuting the people we prosecute?"

For his part, McKinnel says he was taken aback by "the overall scale and growth of white-collar corporate crime and deception-type offences. It's enormous, in the billions. I had a sneaking suspicion that the harm that comes with that type of offending was likely to be substantial, but when you speak to and hear from victims, and you look at the overall scale of it and the value that is lost to the country each year, I think that's probably what truly surprised me."

The sense of scale is captured early in the documentary by the *New Zealand Herald's* Matt Nippert, one of few journalists afforded the time and resources to investigate serious white-collar crime. He observes that just one case – involving South Canterbury Finance – cost the taxpayer "more than every Treaty settlement in New Zealand's history [or] a hundred years of benefit fraud".

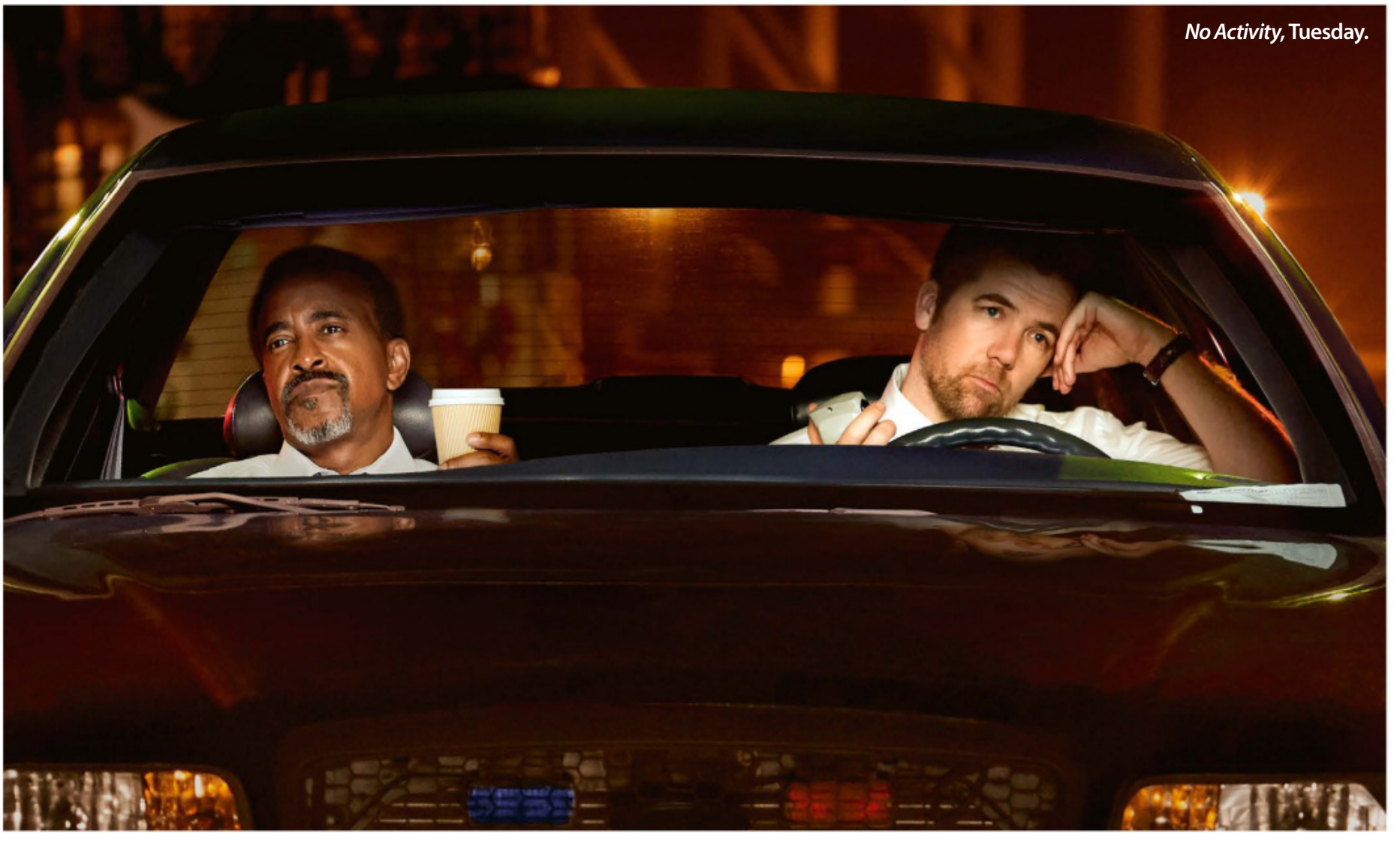
Tim McKinnel: taken aback at the scale of white-collar crime.

Need vs Greed also looks at the way different crimes are prosecuted and punished.

Tax fraud runs to at least $1 billion annually and probably far more. Welfare fraud is about $26 million a year – but benefit cheats are much more likely to be imprisoned than tax cheats. In general, the poorer and browner you are, the more likely you are to be prosecuted, let alone punished.

If most documentaries aim to tell a story, *Need vs Greed* is, McKinnel agrees, as much about proving a theory.

"It's asking some questions about crime in this country and how we look at it, and how we interpret it. It's not intended to answer all of the questions, but it's trying to bring some balance to the discussion around crime and how we resource fighting it." ▮



No Activity, Tuesday.

TELEVISION

Our Picks of the Week

SUNDAY OCTOBER 23

GANGS OF LONDON

There will be blood. Lots of blood.

Screening: *SoHo, 8.30pm*
Streaming: *Neon (season one, AMC+)*

The multicultural British criminal splatter-fest returns, picking up six months after the death of Sean Wallace at the conclusion of the first series. The Wallace and Dumani empire has collapsed and new gangs are flooding into the city. Ex-cop Elliot Finch (Sopé Dìrísù) is now working for "the investors". But a confrontation looms with the investors' brutal new main man, Koba (Waleed Zuaiter, *Baghdad Central*). Executive producer Corin Hardy recently told *Entertainment Weekly* that the production team "tried to explore new areas and take it into directions that you might not expect, but also protect what was great about season one, which was this balance of grounded family relationship drama and extreme fight-action-horror-western".

TUESDAY OCTOBER 25

CABINET OF CURIOSITIES

Little box of horrors

Streaming: *Netflix*

Guillermo del Toro has done more than just lend his name to this eight-episode horror anthology: two of the episodes are written by him, one based on his own short story. The series' name is adopted from his 2013 book of notes on the creative inspirations for his career as a film director. Curated directors include Jennifer Kent (*The Babadook*) and Catherine Hardwicke (*Lords of Dogtown*), and there are two adaptations of HP Lovecraft stories in the mix. It all points to a sophisticated set of dark tales just in time for Halloween.

NO ACTIVITY

Daft detective duo

Streaming: *TVNZ+*

We're a little late to this American cop comedy based on the Australian series of the same name, so there are four seasons – the last of which is computer-animated – to enjoy here. Australians Trent O'Donnell and Patrick Brammall are on board as executive producers and Brammall plays the lead as a police detective opposite Tim Meadows (*Brooklyn Nine-Nine*). There are cameos aplenty from the second season onwards, with guests including Amy Sedaris, Will Ferrell and JK Simmons. Scripts are semi-improvised and actual plots seem less important than the interactions between the various duos in the cast, who include a pair of cartel drug smugglers. It's had generally good, if not stellar, reviews.

WEDNESDAY OCTOBER 26

KATRINA BABIES

After the deluge

Streaming: *Neon*
Screening: *SoHo, 9.30pm*

"Katrina is becoming a folk tale, and we're the storytellers," says one of Edward Buckles' subjects in this documentary about his black peers in New Orleans who went through the scarcely believable ravages of Hurricane Katrina in 2005, and the loss, displacement and official abandonment they experienced afterwards. For some, the neighbourhoods they had lived in simply didn't exist in the rebuilt city. Buckles, a first-time filmmaker, was 13 years old when the storm struck, and spent seven years shooting his documentary. "Obliquely," wrote Doreen St Félix in the *New Yorker*, "*Katrina Babies* is a study of the autonomy of the black child, and of how the government abuses its youngest citizens."

THURSDAY OCTOBER 27

COOKS ON FIRE

Barbecue wars

Screening: *TVNZ 1, 7.30pm*
Streaming: *TVNZ+*

Many New Zealanders – most of them blokes – reckon they've got the goods when it comes to backyard

The Bridge Australia, Thursday.

barbecuing. This show, hosted by restaurateur Ganesh Raj, challenges teams of two to cook and plate up professional-quality meals from the barbecue – not just cuts of juicy, delicious meat, but vegetables and even desserts. There's a $30,000 prize at stake. *Woman's Weekly* food editor Nici Wickes and professional pitmaster Jared Macdonald oversee the contest and guest judges include Peter Gordon and *MasterChef* winner Karena Bird. The tone, we're told, will be a fun one.

MRS BROWN'S BOYS HALLOWEEN SPECIAL: MAMMY'S BOO WHO

Phantom follies

Screening: *TVNZ 1, 8.30pm*
Streaming: *TVNZ+*
This 10th anniversary special was performed live for broadcast in the UK and Ireland, and much was made of the prospect of Mammy (Brendan O'Carroll) busting out an uncensorable "feck" on live TV. As Agnes prepares for the arrival of trick-or-treaters, she receives an unexpected visit from a ghost from the past. No one else can see the spectre and the doctor can't help – is it time for an old-fashioned exorcism?

THE BRIDGE AUSTRALIA

Attention to the span

Screening: *TVNZ 2, 9.30pm*
Streaming: *TVNZ+*
A *Survivor*-style reality show with a focus on teamwork, based on a British series. Twelve strangers meet in the Tasmanian wilderness with 17 days to build a bridge to an island where a tower contains a chest containing $250,000. If they can get their troubled bridge over the water, one of them stands to win the cash – and then has the choice of whether to share the prize with the others.

Cooks on Fire, Thursday.

FRIDAY OCTOBER 28

GOOD WITH WOOD (S2)

Hammering it up

Screening: *TVNZ 1, 8.30pm*
Streaming: *TVNZ+*
The post-*Repair Shop* craft show (it airs as *Handmade: Britain's Best Woodworker* in the UK) didn't entirely convince in its first outing but did enough to earn a second season. Mel Giedroyc returns as host and 10 enthusiasts vie for the title of Britain's Best Woodworker at Glanusk Estate in the ancient Welsh woodlands. Big builds and fresh challenges await them.

THE DEVIL'S HOUR

Sinister things

Streaming: *Amazon Prime*
Jessica Raine (*Call the Midwife*) plays Lucy, a woman who is woken every night by terrifying visions at exactly 3.33am – the devil's hour. Her household appears to be in the grip of some sinister mystery. The series was created by young British writer Tom Moran, but the biggest hook might be the element of a *Doctor Who* reunion: former showrunner Steven Moffat is executive producer and ex-Doctor Peter Capaldi takes on the role of Gideon, a reclusive, cryptic nomad with a murderous obsession. Nikesh Patel (*Starstruck*) is on hand as a caring police detective. ▮

TV Films

by RUSSELL BAILLIE

The big movies on TV this week

Sione's Wedding, Saturday.

SATURDAY OCTOBER 22

THE TUXEDO
It's just pants
TVNZ 2, 7.00pm
In his high-kicking heyday, martial arts guy Jackie Chan offered his own special effects but in this spy parody he's weighed down by them, playing an ordinary cabbie who gets a high-tech tuxedo which gives its wearer special, 007-like abilities. His other ropey Hollywood films at least had him with funny offsiders; here that job was given to hot-at-the-time Jennifer Love-Hewitt. (2002) ★★

SWALLOWS AND AMAZONS
Larking on the lake
Whakaata Māori, 7.00pm
Arthur Ransome's 1930 novel about kids' summer sailing adventures in the Lake District wasn't particularly eventful, which hasn't helped past screen adaptations. This one gets extra drama inspired by the writer's life as an MI6 agent during WWI and Kelly Macdonald, Andrew Scott and Rafe Spall star among the grown-ups. (2016) ★★★

SELF/LESS
Hope/less
Eden, 8.30pm
Ryan Reynolds' body becomes the new home to the consciousness of Ben Kingsley's Trump-like billionaire, until, of course, the cutting-edge procedure throws up a glitch. That might make it sound like a comedy or possibly a film pondering the meaning of identity, but it's the start of a lacklustre sci-fi action flick. (2015) ★★

GOLD
Phew, what a scorcher
Rialto, 8.30pm
Exceedingly sparse Australian-made dystopian desert survival thriller starring an increasingly desiccated Zac Efron as one of two drifters who finds a giant gold nugget and opts to guard it, while battling the elements until his companion returns with a digger. Yes, it's a parable about greed that's a bit miserly on plot. (2022) ★★★

AMBULANCE
Cut to the chase
Sky Movies Premiere, 8.30pm
Ludicrous if entertaining heist and high-speed pursuit thriller from Michael Bay, who retools a modest 2005 Danish film into a Los Angeles demolition derby with echoes of *Speed*. Jake Gyllenhaal and Yahya Abdul-Mateen II are adopted brothers whose Los Angeles bank robbery – they need to cover a family medical bill – becomes an ambulance hijacking with a critically wounded hostage and a medic trying to treat him. (2022) ★★★½

SIONE'S WEDDING
Happy anniversary
TVNZ 2,9.00pm
This buoyant Boys' Own Pasifika rom-com proved the biggest local comedy at the NZ box office until that Waititi guy came along. *Duckrockers*, a new sitcom set during the characters' 1980s teenage years, is out soon, so here's a chance to refresh who's who. (2006) ★★★★

SCREAM
The killer original
Three, 9.30pm
One of the cleverest slasher flicks of its era, the first in the Scream series was directed by horror veteran Wes Craven who, with a cast including Neve Campbell, Courteney Cox, David Arquette, and Drew Barrymore, sent up the then tired genre while managing to revive it. It started its own unending franchise, too, which will deliver its sixth instalment next year. (1996) ★★★★

SUNDAY OCTOBER 23

THE BOURNE ULTIMATUM
Jason's peak performance
TVNZ 2, 7.30pm
The third and arguably best of the Bourne films, with director Paul Greengrass delivering a frantic pace and gripping action as Matt Damon's amnesiac black ops agent edges closer to the truth about his origins. (2007) ★★★★½

VIVA
Havana melodrama
Whakaata Māori, 8.30pm
Colourful, Cuba-set, Irish-made redemption story about a young hairdresser, Jesus (Héctor Medina), who joins a drag troupe in a local bar, much to the objections of his estranged father, Angel (Jorge Perugorría), an ex-con boxer. (2015) ★★★

THE MAN WHO KNEW INFINITY
Doesn't add up to much
Eden, 8.30pm
An earnest but mildly engaging unsung-genius biopic, with Dev Patel as self-taught Indian mathematician Srinivasa Ramanujan in the years he attended Cambridge under the tutelage of GH Hardy (Jeremy Irons). (2016) ★★★

KING RICHARD
Father knows best
Sky Movies Premiere, 8.30pm; Neon
Will Smith won quite a few awards – including the best actor Oscar at the ceremony where he slapped Chris Rock – for his portrayal of Richard Williams, the brash hustler dad of tennis champs Venus and Serena. The film follows the family's underdog story to the point the sisters turned pro in their mid-teens, and while it's a predictable sports biopic, the performances of Smith, as well as Saniyya Sidney and Demi Singleton as Venus and Serena, help make it a very good one. (2021) ★★★★

LIMBO
Unfair isle
Rialto, 8.30pm
An enjoyably deadpan, offbeat and poignant comedy tale set among a group of Middle Eastern and North African

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)

Troll Hunter, Wednesday.

refugees bored silly as they wait and wait for their asylum claims to be processed while stuck on a remote Hebrides island where the locals aren't particularly welcoming. Scottish director Ben Sharrock's Bafta-nominated film focuses mainly on Omar (Amir El-Masry), a young Syrian musician. (2021) ★★★★

ELYSIUM

Stratospheric real estate

Three, 8.45pm

From *District 9* director Neill Blomkamp, a middling dystopian tale about rich folks living on a giant resort-like space station enjoying the best in healthcare while the rest of humanity fights for survival on a crumbling Earth. Matt Damon plays a guy desperate to head into orbit; Jodie Foster is the steely bureaucrat determined to keep the masses at bay. It's visually impressive but a mess of a story. (2013) ★★★

MONDAY OCTOBER 24

APPLES

If memory serves

Rialto, 8.30pm

A quirky Greek black comedy about the meaning of memory centred on Aris, a lonely man undergoing some creative treatment after an amnesia epidemic. It may appeal to fans of the absurdism of Yorgos Lanthimos (*The Lobster*, *The Favourite*), who debuting director Christos Nikou once worked with. (2020) ★★★

WEDNESDAY OCTOBER 26

TROLL HUNTER

Nordic nasty

Whakaata Māori, 8.30pm

A dark and dry-humoured Norwegian folklore-inspired fantasy horror presented as a mockumentary, supposedly made by film students accompanying Hans, a man who knows all too well that a series of grisly deaths in his part of the country aren't bear attacks. (2010) ★★★½

FRIDAY OCTOBER 28

ESCAPE ROOM

There must be some way outta here

Three, 7.30pm

One of those high-concept horror movies relying on smart people doing dumb things under duress. Here, six strangers are invited to figure their way out of a surreal maze of rooms for a cash prize but find they are subject to terrifying mind games reminding of past traumas. It spawned a sequel, *Escape Room: Tournament of Champions*. (2019) ★★½

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)

Talkback

CAPTION QUALITY

Kia ora to Ian Fraser (Talkback, September 17) and others who have expressed concerns about captions. I'm part of the team at Able, the organisation funded by NZ On Air to provide captions and audio description for free-to-air broadcasters in Aotearoa.

We deliver our services via a mix of tech and the human touch. Part of the discrepancy in experience between different shows you're describing comes down to the difference between two of the main services we provide: scheduled programming, which is captioned in advance, and live captioning, for items such as the news, which involves creating captions in real time.

The latter comes with the potential for error at times, such as homophones not being correctly transcribed. However, the lags and overlap of captions you're experiencing on scheduled programming sound like they could be a transmission problem. Resetting your set-top box often fixes these issues.

The team is passionate about making media accessible, and is always striving to improve caption quality.

You can find out more about us at able.co.nz, and I'm always happy to help if you'd like to email me at dan@able.co.nz.

Dan Buckingham
CEO, Able NZ

Speaking Māori on TV is all very well with subtitles added, but subtitles are so small and on for such a short time it leaves the viewer with no understanding of what is going on.

Please, producers, give us more time and larger subtitles and help us understand for learning Māori.

Maureen Lee
(Waitārere Beach, Levin)

I have acquired dyslexia, the result of a head injury 24 years ago. I used to enjoy reading but now read slowly and written words are no longer pleasurable.

I am motivated to write after reading Mike Styles' article on dyslexia (*Upfront*, October 8). Written words on news articles or programmes need to be held on screen long enough for 10% of the population to read and absorb the information. A lot of us are missing out every day. This could be easily rectified.

Cariad Milmine
(Eastern Beach, Auckland)

PUBLIC BROADCASTING MERGER

Could [Broadcasting Minister] Willie Jackson please explain the advantages of combining an organisation that has been making and broadcasting quality programmes 24 hours a day for nearly 30 years with a company that thinks making *FBOY Island NZ* is a good idea?

Roger Hall
(Takapuna, Auckland)

ESPRIT DE CORPSING

Your correspondent Carol Brown (*Talkback*, September 24) complains that an RNZ announcer pronounced "corps" as "corpse", and asks whether anyone is monitoring the announcers.

Sometimes, performers 'ave a laugh, known as "corpsing", on stage, TV, or on air. Performers can "die", on stage or radio, at which times they are mortified.

There is no need for in-house monitoring; this is carried out by vigilant listeners.

Alan Beck
(Dunedin)

Please send comments, queries or complaints about radio or television to: listenerletters@aremedia.co.nz with "Talkback" in the subject line, or Talkback, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Te Karere** (R, **HD**)
6.30 **Country Calendar** (G, R, **HD**, **C**, **AD**)
7.00 **Rural Delivery** (G, R, **HD**, **C**) Agricultural greenhouse gas mitigation solutions, Chia Sister's seed-based beverage, and Taihape farmers growing quinoa.
7.30 **Infomercials**
8.30 **Religious Programming**
9.00 **Extreme Cake Makers** (G, R, **HD**, **C**)
9.30 **Tagata Pasifika** (**HD**)
11.00 **Beat the Chef** (G, R, **HD**, **C**)
11.30 **Call the Midwife** (PG, R, **HD**, **C**, **AD**) Trixie is compelled to publicly speak out on an important issue. s10ep6
1.00 ■ **Movin' to the Country** (G, **HD**, **C**) Australian series.
1.40 ■ **Shop Well for Less?** (G, R, **HD**, **C**) s4ep1
2.55 **10 Years Younger in 10 Days** (G, R, **HD**, **C**, **AD**) Cherry Healey hosts a UK makeover series.
4.00 **Clean It, Fix It** (G, **HD**, **C**) A team of cleaners and DIY experts have just one day to help a household reclaim their space.
5.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
8.00 **Lotto**
8.05 **Gino's Italian Family Adventure** (G, **HD**, **C**, **AD**) Gino and son Luciano travel to Calabria to experience the simple life on a traditional swordfishing boat and a farm. s1ep3
8.30 **Doc Martin** (PG, **HD**, **C**, **AD**) The surgery is chaotic with both Martin and Louisa practising there, and Bert's new business venture with Al isn't off to a good start. s10ep2
9.35 **Sherwood** (16, **HD**, **C**, **AD**) As the hunt for the killer continues, Kevin Salisbury from the Met arrives to assist, and tensions mount as the killer torments the community further. s1ep2
10.45 **The Secrets She Keeps** (16, **HD**, **C**, **AD**) Meghan is confronted by her sister Grace's growing suspicions about baby Ben's paternity. s2ep2
11.50 **Burden of Truth** (PG, **HD**, **C**, **AD**) With one day left before the disciplinary hearing, Joanna and Billy set out to finish the case against the mine. s4ep7
12.45am **Anne Boleyn** (M, R, **HD**, **C**, **AD**) s1ep2
1.35 **Nashville** (PG, **HD**, **C**) s6ep14
3.05 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

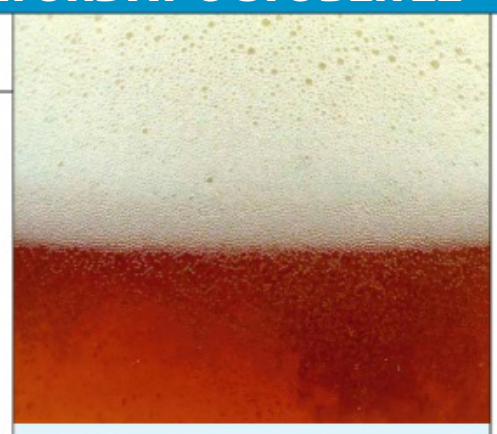
6.00 **Emma!** (G, R, **HD**, **C**, **AD**)
6.10 **Not Too Late Show** (G, R, **HD**, **C**) s1ep8
6.25 **Julius Jr.** (G, R, **HD**, **C**)
6.50 **Spidey and His Amazing Friends** (G, **HD**, **C**)
7.15 **Madagascar: A Little Wild** (G, **HD**, **C**)
7.40 ■ **Scooby-Doo! and the Curse of the 13th Ghost** (2019, G, R, **HD**, **C**) Voices of Frank Welker, Matthew Lillard, Grey Griffin.
9.05 ■ **Wilde Ride** (G, R, **HD**, **C**, **AD**)
9.30 **Mystic** (G, R, **HD**, **C**, **AD**) s1ep11
10.00 **Fresh** (G, **C**) In Know Your Roots, five remaining contestants build houses and mend relationships as an unexpected guest returns.
10.30 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s12ep19
11.00 **Wellington Paranormal** (PG, R, **HD**, **C**, **AD**) s1ep3
11.30 **Rutherford Falls** (M, R, **HD**, **C**) s1ep2
12.40 **The Weakest Link: USA** (G, **HD**, **C**)
1.40 **The Good Witch** (G, **HD**, **C**)
2.40 **The Great Kiwi Bake Off Celebrity Treasure Island Special** (PG, R, **C**, **AD**)
4.10 ■ **Celebrity Brain Busters** (G, **HD**, **C**) David Seymour, Simon Bridges, Barbara Edmonds and Anita Wigl'it compete.
5.05 **Nancy Drew** (PG, **HD**, **C**) s1ep7
6.00 **The Cube** (G, **C**, **AD**) Phillip Schofield presents a UK game show in which contestants undertake challenges in a giant cube.
7.00 ■ **The Tuxedo** (2002, M, R, **HD**, **C**, **AD**) A chauffeur slips into a $2bn suit that turns him into a secret agent. Jackie Chan, Jennifer Love Hewitt. **TV Films, page 69**
9.00 ■ **Sione's Wedding** (2006, 16, **HD**, **C**, **AD**) Four thirtysomething mates must each find a date to their best friend's wedding. Oscar Kightley, David Fane, Shimpal Lelisi, Teuila Blakely, Madeleine Sami. **TV Films, page 69**
11.00 ■ **Three Wise Cousins** (2016, PG, R, **HD**, **C**, **AD**) A Kiwi-Samoan guy travels to his motherland to try to impress his crush. Neil Amituanai, Gloria Ofa Blake.
12.40am ■ **V for Vendetta** (2005, 16, R, **HD**, **C**, **AD**) Natalie Portman, Hugo Weaving.
2.55 ■ **Reign of the Supermen** (2019, M, R, **HD**) Voice of Jerry O'Connell.
4.25 **Fresh** (G, R, **C**)
4.50 **2 Tunes**
5.00 **Infomercials**
5.30 – 6.00 **Religious Programming**

THREE FREEVIEW 3 SKY 003

6.00 **Charles Stanley**
6.30 **Infomercials**
9.30 **Newshub Nation** With Simon Shepherd and Rebecca Wright.
10.30 **Celebrity Family Feud** (PG, R, **C**)
11.30 **Grand Designs NZ** (PG, R, **C**)
12.30 **Love Yurts** (G, **C**)
1.00 **Moving Out with Kanoa** (G, R, **C**)
2.00 **The Zoo** (PG, R, **C**)
3.00 **Playhouse Masters** (PG, **C**)
4.00 **The Masked Singer USA** (PG, R, **C**) s5ep2
5.00 **Family Game Night** (G, **C**)
6.00 **Newshub Live**
7.00 **2021 Rugby World Cup Pre-match** Bernadine Oliver-Kerby and Scotty Stevenson preview the Black Ferns' pool match against Scotland.
7.15 **2021 Rugby World Cup** Coverage of Black Ferns v Scotland, from the Northland Events Centre, with commentators Rikki Swannell, Melodie Robinson and Karl Te Nana.
9.00 **2021 Rugby World Cup Post-match** Analysis with Bernadine Oliver-Kerby and Scotty Stevenson.
9.30 ■ **Scream** (1996, 16, **C**) A group of high school students become the targets of a killer in a Halloween costume. Courteney Cox, Neve Campbell. **TV Films, page 69**
11.40 **Stan** (PG, R, **C**)
1.05am **Infomercials**
5.00 **Leading the Way**
5.30 – 6.00 **Charles Stanley**

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
10.00 **SmackDown** (PG, R)
11.00 **RAW** (PG, R)
Noon **Carol's Second Act** (PG, R, **C**)
12.30 **Judge Judy** (PG)
1.00 **The Crowd Goes Wild** (PG, R)
2.30 **Heartland Rugby Championship Final Live**
4.30 **Once a Warrior with Monty Betham** (G)
5.00 **Dream Home Dilemma** (G, R, **C**)
5.30 **Prime News**
6.00 **American Pickers** (PG, R)
7.00 **Storage Wars** (PG, R, **C**)
7.30 **FIFA Women's World Cup Draw Live** (**C**) Live from Tāmaki Makaurau.
8.45 **National Provincial Championship Final** (G) Coverage of the grand final of the NPC.
11.15 ■ **Game of Thrones** (18, **C**) Season 3.
1.35am **NXT** (PG)
2.35 **Infomercials**
5.00 – 6.00 **UFC 281 Prelims Live**



Film: BREWMORE BALTIMORE

"If you like history and beer this is a perfect pairing for you," says one satisfied customer on Amazon. And who doesn't? This affectionate documentary chronicles the Baltimore brewing industry, which boasted more than 40 breweries at the end of 1899, dominated by the National Brewing Company. However, it was closed in 1978 and the industry went into decline until 2012, when Union Craft Brewing opened the first production brewery in Baltimore City in nearly 30 years. Today, Baltimore brewing spans from enthusiastic newcomers to a regional brewing operation, and old buildings are being remodelled and revitalised.
SKY ARTS, 8.30pm

Sport: RUGBY and CRICKET

Another big day for rugby with the Black Ferns' pool match against Scotland (Spark Sport and Three), the Heartland Championship final (Prime) and the NPC final (Sky Sport 1 and Prime). In the ICC Men's T20 World Cup, the Black Caps play Australia in Sydney (Sky Sport 3).
SPARK SPORT; SKY SPORT; and PRIME

GETTY IMAGES

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
9.30 **Ōpaki** (G, R)
10.30 **Ako** (G, R)
11.00 **ASB Polyfest** (G)
Noon **Haka Pedia** (G, R)
12.30 **Haka Life** (G, R)
1.00 **Whakataukī** (G, R)
1.30 **Karanga: The First Voice** (G, R)
2.00 **Whaikōrero** (PG, R)
2.30 **Chatham Islanders** (G, R)
3.00 **Intrepid Journeys** (PG, R)
4.00 **Marae**
5.00 **Going Native** (G, R)
5.30 **School of Training** (G, R)
6.00 **Piri's Tiki Tour** (PG, R)
6.30 **He Aha to Say?** (G, R) A series of interviews with the people of Ngāti Porou.
7.00 ■ **Swallows and Amazons** (2016, PG, R) Four children on holiday in the Lake District sail on their own to an island and start a war with rival children. Bobby McCulloch, Rafe Spall, Kelly Macdonald, Andrew Scott, Jessica Hynes. **TV Films, page 69**
8.40 ■ **Matewan** (1987, M) A union organiser arrives in a mining community that is being harassed by the mining company. Chris Cooper, James Earl Jones, Mary McDonnell.
10.50 **K Rd Chronicles** (PG, R)
11.00 – 11.30 **The Walkers** (PG, R)

Film: TWILIGHT ZONE: THE MOVIE

Was our own Roseanne Liang inspired by George Miller's segment in this 1983 anthology flick? Miller's short film, in which an anxious flyer (John Lithgow) sees a gremlin on the wing, was praised at the time; John Landis' and Steven Spielberg's were not.
TVNZ DUKE, 10.10pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **A Place in the Sun: Winter Sun** (G, R)
11.40 **Catfish** (PG, R)
12.30 **Southern Charm** (PG)
2.30 **Love it or List it** (G, R)
4.30 **Clubhouse Rescue** (PG, R)
5.30 **Rich Listers NZ** (PG, R)
6.30 **Undercover Boss** (PG, R)
7.30 **Tattoo Fixers** (M, R) Sketch covers Fran's naughty nickname, and Jay removes Lee's charming chat-up line.
8.30 ■ **The Dressmaker** (2015, M, R) A glamorous woman returns to her small town in rural Australia, and with her sewing machine exacts sweet revenge on those who did her wrong. Kate Winslet, Judy Davis, Liam Hemsworth, Hugo Weaving, Kerry Fox.
11.00 **Southern Charm** (M)
11.55 **Snapped: Killer Couples** (M, R)
12.45am Infomercials **5.00 – 6.00** Top Chef (PG, R)

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G)
7.45 **Trisha's Southern Kitchen** (G)
8.15 **Jamie & Jimmy's Food Fight Club** (PG, R)
9.10 **Mysteries at the Monument** (PG, R)
10.10 **American Pickers** (PG, R)
11.10 **Flea Market Flip** (G)
11.40 **The Great Giveback with Melissa McCarthy** (G, R)
12.40 **All Together Now UK** (G, R)
2.00 **The Chase USA** (PG, R)
3.00 **Bad Dog!** (PG)
4.00 **The Best Thing I Ever Ate** (PG)
5.00 **Mysteries at the Monument** (PG)
6.00 **American Pickers** (PG)
7.00 **It's Me or the Dog UK** (PG)
7.30 **The 1% Club** (PG)
8.30 ■ **Self/less** (2015, M) Ryan Reynolds, Natalie Martinez. **TV Films, page 69**
10.50 **Forged in Fire** (PG)
11.45 **Flea Market Flip** (G)
12.15am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Wheelers Dealers** (PG, R)
6.50 **Garage Squad** (PG, R)
8.30 **Head Rush** (G, R)
9.20 **Treehouse Masters Marathon** (PG, R)
1.30 **Inside West Coast Customs** (PG, R)
2.20 **Building Off the Grid: Montana Earth Home** (G, R)
3.10 **Men, Women, Wild** (PG, R)
4.00 **100 Days Wild** (PG, R)
4.50 **Desert Car Kings** (PG, R)
5.40 **Garage Squad** (PG)
6.40 **Man vs. Wild** (PG, R)
7.30 **Treasure Quest: Snake Island** (PG) A landslide and the infamous Death Road put the team in danger in the Andes.
8.25 **Bering Sea Gold** (M) Shawn battles a crew who are blocking his way.
9.20 **Gem Hunt** (PG) The team explore Zambia.
10.15 **Cops UK: Bodycam Squad** (PG)
11.10 **Garage Squad** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

7.00 **DUKEbox Music**
10.40 ■ **Seven Worlds, One Planet** (G, R, **HD**, **C**, **AD**)
11.45 **The Cube** (G, R, **HD**, **C**)
12.35 **Winning Combination** (G, R, **HD**, **C**, **AD**)
1.30 **Motorway Patrol** (PG, R, **C**)
2.30 **River Monsters** (PG, R, **HD**, **C**)
3.35 **Xploration: Awesome Planet** (G, R, **HD**)
4.05 **Impossible Engineering** (G, R, **HD**, **C**, **AD**)
5.10 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s5ep14
6.05 **Rescue Cam** (PG, R, **HD**)
6.30 **Fish of the Day** (G, **HD**, **C**) s2ep3
7.05 **Family Guy** (PG, R, **HD**, **C**, **AD**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s22ep9
8.30 **The Russell Howard Hour** (16) UK topical comedy.
9.10 **8 Out of 10 Cats Does Countdown** (M, R, **HD**, **C**)
10.10 ■ **Twilight Zone: The Movie** (1983, 16, R, **HD**, **C**, **AD**) Four horror and science fiction stories directed by four famous directors. Dan Aykroyd, Albert Brooks
12.05am – 1.35 Midnight Texas (16, **HD**) s2ep1

SKY PREMIERE SKY 030

6.05 **12 Mighty Orphans** (2021, M) Luke Wilson, Martin Sheen
8.05 **Together Together** (2021, M) Ed Helms, Patti Harrison
9.40 **This Is the Night** (2021, 16) Lucius Hoyos, Frank Grillo
11.30 **Antlers** (2021, 16) Keri Russell, Jesse Plemons
1.10 **Juniper** (2021, M) Charlotte Rampling, George Ferrier
2.45 **The Many Saints of Newark** (2021, 16) Michael Gandolfini, Alessandro Nivola
4.45 **Escape Room: Tournament of Champions** (2021, M) Taylor Russell, Logan Miller
6.20 **Moonfall** (2022, M) A mysterious force sends the moon hurtling towards Earth. Halle Berry, Patrick Wilson
8.30 **Malignant** (2021, 18) A woman realises that the visions she is having of people being murdered are happening in real life. Annabelle Wallis, Maddie Hasson
10.25 **Joe Bell** (2020, M) Mark Wahlberg, Connie Britton
12.00am The Conjuring 3: The Devil Made Me Do It (2021, 16) **1.50** Antlers (2021, 16) **3.30** French Exit (2021, M) **5.20** The Unholy (2021, M)

MOVIES CLASSICS SKY 034

6.00 **The Big Country** (1958, G) Gregory Peck, Jean Simmons
8.45 **The Doors** (1991, 16) Val Kilmer, Meg Ryan
11.05 **The Fan** (1996, 16) Robert De Niro, Wesley Snipes
1.00 **Flatliners** (1990, M) Kiefer Sutherland, Julia Roberts
2.50 **Cape Fear** (1991, 16) Robert De Niro, Nick Nolte
4.55 **Bullitt** (1968, M) Steve McQueen, Robert Vaughn
6.45 **La Bamba** (1987, PG) Based on the life of singer Ritchie Valens, whose promising life was cut short by a plane crash. Lou Diamond Phillips, Esai Morales
8.30 **The Manchurian Candidate** (1962, PG) After being captured in Korea, a US Army captain begins to suspect his sergent has been brainwashed. Frank Sinatra, Laurence Harvey, Angela Lansbury
10.35 **The Pelican Brief** (1993, PG) Julia Roberts, Denzel Washington
12.55am Castle Keep (1969, M) **2.40** Rock'n'Roll High School (1979, M) **4.10** Alvarez Kelly (1966, PG)

RIALTO SKY 039

6.25 **Still Crazy** (1998, M) Billy Connolly
8.00 **Supernova** (2020, M) Colin Firth, Stanley Tucci
9.35 **Killing Escobar** (2021, 16) UK documentary.
11.10 **Flag Day** (2021, 16) Sean Penn, Josh Brolin
12.55 **Pipe Dreams** (2019, M) Canadian documentary.
2.15 **A Rainy Day in New York** (2019, M) Timothee Chalamet, Elle Fanning
3.45 **The Wedding Speech** (2020, M) Benjamin Lavernhe
5.15 **I Am MLK Jr.** (2018, M) Canadian documentary.
6.50 **Percy vs Goliath** (2020, PG) A Canadian farmer takes on a giant corporation. Christopher Walken
8.30 **Rialto Selection: Gold** (2022, M) Two drifters discover the largest gold nugget ever found. Zac Efron **TV Films, page 69**
10.05 **The Traitor** (2019, 16) Pierfrancesco Favino
12.35am Seems Like Old Times (1980, PG) **2.15** A Rainy Day in New York (2019, M) **3.45** The Wedding Speech (2020, M) **5.15** I Am MLK Jr. (2018, M)

SKY CHANNELS

Vibe SKY 006

6.00 Private Eyes (M) s4ep11 **6.45** Jamestown (16) s3ep4 **7.30** Downton Abbey Omnibus (M) **12.20** Outlander (18) s2ep1&2 **2.30** Judge Judy Omnibus (PG) **4.35** Private Eyes (M) s4ep11 **5.30** Victorian Bakers (PG) It's 1900, and the bakers have an elegant shop on the high street with huge steam-belching ovens and an early 20th-century electric dough mixer. s1ep3 **6.35** Monday Mornings (M) When paramedics rush in with a stabbing victim, Villanueva realises the patient is his own son. s1ep6 **7.30** ■ Perfect Pairing (2021, PG) A food and wine critic loses her memory while visiting a winery that she gave a bad review in the past. Nazneen Contractor, Brennan Elliot. **9.10** Harlots (16) Margaret's family reels after discovering her dire situation. s2ep7 **10.15** The Closer Omnibus (M) **2.20am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep7 **6.25** QI Marathon (M) **7.55** Would I Lie to You? Marathon (PG) **9.30** The Bill Marathon (M) **1.40** Casualty (PG) s37ep7 **2.30** Holby City (M) s21ep26 **3.35** Call the Midwife (PG) s8ep8 **4.40** A Touch of Frost (M) s4ep1 **6.35** Hotel Portofino (PG) s1ep1 **7.35** Too Close (PG) **8.30** Midsomer Murders (PG) The winner of a hotly contested music prize is found strangled with a violin string moments before a performance. s19ep6 **10.15** 8 Out of 10 Cats Does Countdown (M) Sean Lock and Claudia Winkleman take on Jon Richardson and Henning Wehn, with Nick Helm in Dictionary Corner. **11.10** Who Do You Think You Are? (PG) Michelle Keegan uncovers some exceptional women on her family tree, including a special connection to the suffragettes. **12.10am** Programmes continue

SoHo SKY 010

6.30 Impeachment: American Crime Story (16) s3ep7 **7.25** American Gigolo (18) s1ep6 **8.20** Shameless (18) s11ep3 **9.20** A Discovery of Witches (M) s3ep6 **10.10** Yellowstone (16) s4ep8 **10.55** The Vow (18) s1ep5 **11.55** Kidding Marathon (16) s2ep1-10 **4.55** Mrs. Fletcher Marathon (18) s1ep1-5 **7.25** Mrs. Fletcher (18) s1ep6 **7.55** Mrs. Fletcher (18) s1ep7 **8.30** The Vow (18) Documentary series about the cult known as NXIVM. s2ep1 **9.30** Animal Kingdom (16) The Codys embark on their most dangerous job yet, and Andrew commits the original sin that destroyed the family. s6ep13 **10.30** The Outsider (16) s1ep4 **11.30** Industry (16) s2ep7 **12.30am** Programmes continue

Living SKY 017

6.15 Find Your Dream Home (PG) **6.40** Find Me a Beach House (PG) **7.05** All-Star Halloween Spectacular (PG) **7.50** Halloween Wars (PG) **8.50** Salvage Hunters: Best Buys (PG) **10.25** Salvage Hunters: The Restorers (PG) **11.15** Salvage Hunters (PG) **12.10** Grand Designs New Zealand (PG) **1.05** Paramedics on Scene (PG) **2.00** Halloween Baking Championship Marathon (PG) **6.35** Outrageous Pumpkins (PG) **7.30** Penelope Keith's Hidden Villages (PG) In North Yorkshire, Penelope travels through dales, moors and rugged coastlines, views Viking sword dances in Goathland, and takes to the skies over Brompton-by-Sawdon. **8.30** Gardening Australia (PG) **9.30** Love Your Garden (PG) **10.40** The Great British Dig (PG) **11.30** Halloween Baking Championship Marathon (PG) **3.40am** Programmes continue

Investigation Discovery SKY 018

6.05 Who the (Bleep) Did I Marry? Marathon (M) **7.45** Grave Mysteries (M) **8.35** Still a Mystery (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Brittany Murphy: An ID Mystery (M) **1.05** Murder Comes to Town (M) **2.00** Jessica Chambers: An ID Murder Mystery (M) **3.50** The Lost Boys of Bucks County (M) **5.40** The Crimes That Changed Us (M) **6.35** Where Murder Lies (M) **7.30** Evil Lives Here (M) **8.30** Onision: In Real Life (M) **9.30** The Hillside Strangler Marathon (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Portrait Artist of the Year **8.00** ■ Three Tenors: From Caracalla to the World (2020, G) **9.30** Immersive World **10.00** Quilty: Painting the Shadows **11.00** Put Some Colour in Your Life **Noon** Wonderland **1.00** Master Class **1.30** Albrecht Durer: Through the Looking Glass **2.30** Portrait Artist of the Year **4.00** Speakeasy: Geddy Lee & Michael Chabon **5.00** Speakeasy: Frankie Valli & Paul Shaff **6.00** Balletboyz: Deluxe **7.00** Parklife **8.30** ■ Brewmore Baltimore (2015, G) Documentary about craft beer brewers in Baltimore. **10.00** Last Night of the Proms 2021 **11.30** Artists & Love **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Dirty Jobs (M) **7.45** Aussie Lobster Men (PG) **9.25** Aussie Salvage Squad Marathon (PG) **12.10** Dirty Jobs (M) **1.05** Deadliest Catch (M) **2.00** Hoffman Family Gold (M) **2.55** Gold Rush: Freddy Dodge's Mine Rescue (M) **3.50** Moonshiners Marathon (M) **6.35** Dual Survival (M) **7.30** Building Off the Grid (PG) **8.30** Railroad Alaska (PG) **9.30** Moonshiners (M) **10.30** Blowing Up History (PG) **11.25** Expedition Unknown (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Gordon Ramsay: Uncharted (PG) **8.30** César Millan: Better Human, Better Dog (PG) **10.30** Alaska: The Next Generation (PG) **11.30** Do or Die (PG) **Noon** Edge of the Unknown (PG) **12.30** World of Flavor with Big Moe Cason (PG) **1.30** Aussie Snake Wranglers (PG) **2.00** Outback Wrangler (PG) **2.30** Narco Wars: Queen Pins (M) **3.30** WW2 Hell Under the Sea (PG) **4.30** Hitler's Last Stand (M) **5.30** Air Crash Investigation (M) **7.30** Food Factory Marathon (PG) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** World of Flavor with Big Moe Cason (PG) **12.30am** Programmes continue

History SKY 073

6.30 History's Greatest Mysteries (PG) **7.30** The Unxplained (PG) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Abandoned Engineering (PG) **11.30** WWII: Witness to War (16) **12.30** Ten Mistakes (PG) **1.30** History's Greatest Mysteries (PG) **2.30** The Unxplained (PG) **3.30** Unsolved Mysteries of WWII (PG) **4.30** Abandoned Engineering (PG) **5.30** WW2 Treasure Hunters (PG) **7.25** Myths: Greatest Mysteries of Humanity (PG) **8.25** Secret Nazi Expeditions (PG) **9.20** Caligula with Mary Beard (PG) Mary Beard explores the life and times of Gaius Julius Caesar Augustus Germanicus, better known as Caligula. **10.30** Butterfly Effect (PG) **11.00** Greatest Escapes of History (PG) **11.30** Aussie Inventions That Changed the World (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero Marathon (M) **8.15** 24 Hours in A&E (M) **9.55** The Planets (PG) **11.50** Earth's Great Rivers (PG) **1.30** Attenborough and the Sea Dragon (PG) **2.35** Animal Babies (PG) **3.25** Spy in the Wild II (PG) **4.30** Reindeer Family and Me (PG) **5.30** The Dog Rescuers with Alan Davies (PG) **6.20** Pangolins: World's Most Wanted Animal (PG) **7.25** Attenborough and the Sea Dragon (PG) David Attenborough follows the excavation and analysis of a huge ichthyosaur. **8.30** Animal Babies (PG) A baby mountain gorilla learns to roam free in a tiny fragment of forest. **9.30** Life Below Zero (PG) **10.20** The Great Intelligence Test (PG) **11.25** Reindeer Family and Me (PG) **12.20am** Programmes continue

History: Caligula with Mary Beard, 9.20pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 UFC on Sky **6.30** UFC Fight Week 280 **7.10** The Crowd Goes Wild **7.40** Gallagher Premiership, London Irish v Gloucester, from Brentford Community Stadium, London, **live** **9.45** National Provincial Championship, semi-final 1 **10.00** Mainfreight Rugby **11.00** Constellation Cup Curtain-raiser, highlights, Australia Men v NZ Men, game 2 **11.30** Constellation Cup, Australia v Ailver Ferns, game 3 **Noon** Inside Netball **12.30** Premier League, Chelsea v Manchester United, replay **2.30** Premier League, Leicester City v Leeds United, replay **4.30** Gallagher Premiership, London Irish v Gloucester, replay **6.30** National Provincial Championship, grand final, **live** **9.30** Premier League, Liverpool v West Ham **9.45** Premier League, Chelsea v Manchester United, replay from Stamford Bridge, London **11.48** FIFA U-17 Women's World Cup, quarter-final 3, from Jawaharlal Nehru Stadium, **live** **2.00am** Premier League, Leicester City v Leeds United **2.15** Premier League, Fulham v Aston Villa **2.35** National Provincial Championship, semi-final 1 **2.55** Gallagher Premiership, Exeter Chiefs v Saracens, from Sandy Park, Exeter, **live** **5.00** UFC on Sky **5.30** Pacific Brothers & Sisters

Sky Sport 2 SKY 052

6.00 Mainfreight Rugby **7.00** AFL Women's, Gold Coast Suns v Carlton, replay **9.00** Pacific Brothers & Sisters **9.30** PGA Tour highlights **10.00** Premier League Match of the Week **Noon** The Crowd Goes Wild **12.30** Mainfreight Rugby **1.30** UFC on Sky **2.00** ATP 250, European Open, day 5, match of the day **3.30** ATP 250, Stockholm Open, day 5, match of the day **5.00** ATP Uncovered **5.30** Inside Netball **6.00** Pacific Brothers & Sisters **6.30** A-League Men, Newcastle v Wellington Phoenix, **live** **9.30** UFC on Sky **10.00** Mainfreight Rugby **11.00** Premier League, Leicester City v Leeds United **11.15** Premier League, Fulham v Aston Villa, replay **1.15am** Premier League Match of the Week **3.18** FIFA U-17 Women's World Cup, quarter-final 4, replay **5.30** ATP Uncovered

Sky Sport 3 SKY 053

6.00 ICC Men's T20 World Cup, Zimbabwe v West Indies **6.30** ICC T20 World Cup, Netherlands v Sri Lanka **10.30** ICC T20 World Cup, Ireland v West Indies, replay **2.30** ICC T20 World Cup, Zimbabwe v Scotland, replay from Bellerive Oval, Hobart **6.30** ICC Men's T20 World Cup, Ireland v West Indies **7.00** ICC Men's T20 World Cup, Zimbabwe v Scotland **7.30** ICC Men's T20 World Cup, Australia v Black Caps, from the SCG, Sydney, **live** **11.45** ICC Men's T20 World Cup, England v Afghanistan, from Perth Stadium, **live** **4.00am** ICC T20 World Cup, Ireland v West Indies, replay from Bellerive Oval, Hobart

Film: DESCENDANT

The descendants of enslaved Africans in Africatown in Mobile, Alabama, are perhaps closer to their history than most, as they are descended from people on the last known slave ship to arrive in America. The Clotilda docked in Mobile in 1860 carrying 100 kidnapped Africans decades after it was illegal to import enslaved people. The enterprise was funded by an Alabama plantation owner, and afterwards he and the captain burned and sank the ship to destroy the evidence. This documentary follows events leading up to the Clotilda's discovery and features the town's residents as they recount their ancestral legacy and grapple with the implications of the discovery.
NETFLIX

Documentary: RETURN OF THE TALIBAN

Vice Media is still a thing, even if its TV arm withdrew from Aotearoa, and this special report about the Taliban's return to power in Afghanistan after the withdrawal of American troops comes from a team that has covered the country for a generation.
NEON

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Attitude** (G, R, **HD**, **C**, **AD**)
6.25 **Tagata Pasifika** (R, **HD**)
7.40 **Praise Be** (G, R, **HD**, **C**)
8.10 **Susan Calman's Grand Day Out** (G, R, **HD**, **C**, **AD**)
9.00 ■ **Secrets of the London Underground** (G, R, **HD**, **C**, **AD**)
10.00 **Waka Huia** (G, **HD**) Māori stories and histories for all New Zealanders.
10.30 **Marae** (**HD**)
11.00 ■ **The Great British Sewing Bee** (G, R, **HD**, **C**, **AD**) s6ep10
12.05 **Attitude** (PG, **C**, **AD**) Grace Payne is a powerlifter who has competed in the Special Olympics as an autistic athlete, and now the 23-year-old is entering her first mainstream national championship.
12.35 **Fair Go** (R, **HD**, **C**) A special investigation into whether rental properties meet the healthy homes standards.
1.05 **Sunday** (R, **C**) Miriama Kamo presents current affairs.
2.05 **Tigers: Hunting the Traffickers** (PG, **HD**, **C**, **AD**) Former Royal Marines commando Aldo Kane investigates the illegal tiger trade in south east Asia.
3.25 **South Seas Spearo** (PG, R, **C**) The team overnight aboard the Orca in 1000m of water in the Far North. s3ep4
4.30 **Fishing and Adventure** (G, **HD**, **C**) The crew are back in the Wairarapa as they try to complete their challenge.
5.00 **The Chase** (G, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Country Calendar** (PG, **HD**, **C**, **AD**) A couple farming sheep and beef near the shores of Lake Taupo have built an on-farm brewery after facing restrictions on livestock numbers and needing to diversify.
7.30 **Sunday** (**C**) Miriama Kamo presents current affairs.
8.30 **This England** (M, **HD**, **C**, **AD**) UK docudrama based on the British Government's handling of the first wave of the Covid-19 pandemic. Tonight, Carrie and Boris host a baby shower at Chequers as Covid-19 cases rise, care homes call for guidance, and the Department of Health tackles testing. s1ep3&4
10.45 **Line of Duty** (M, **HD**, **C**, **AD**) UK drama series about a police anti-corruption unit. Tonight, AC-12 interrogate Roz's husband, Nick, but the discovery of new forensic anomalies puts the spotlight back on Roz. s4ep4
12.00am ■ **Coyote** (16, **HD**, **C**) s1ep6
1.00 – 6.00 Infomercials

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Peppa Pig** (G, R, **HD**, **C**)
6.10 **Kangaroo Beach** (G, R, **HD**, **C**)
6.20 **Bluey** (G, R, **HD**, **C**)
6.50 **Care Bears: Unlock the Magic** (G, R, **HD**, **C**)
7.10 **Trollstopia** (G, R, **HD**, **C**)
7.30 **Ben 10** (G, R, **HD**, **C**)
7.45 **Bunnicula** (G, R, **HD**, **C**)
8.05 **SpongeBob SquarePants** (G, R, **HD**, **C**)
8.30 **What Now?** (G, **C**) Local kids' show featuring, games, interviews, fun and gunge.
9.30 **Home and Away Omnibus** (PG, R, **HD**, **C**)
11.25 **Shortland Street Omnibus** (PG, R, **HD**, **C**, **AD**)
2.05 **United States of Al** (PG, **C**, **AD**) s2ep21
2.30 **B Positive** (PG, **C**) s2ep15
3.00 ■ **Call Me Kat** (PG, **HD**, **C**, **AD**) s2ep18
3.30 **The Middle** (G, R, **HD**, **C**) s1ep20
3.55 ■ **Coco** (2017, PG, R, **HD**, **C**, **AD**) A young aspiring musician enters the Land of the Dead to find his great-great-grandfather. Voices of Anthony Gonzalez, Gael García Bernal.
6.00 **The Amazing Race** (PG, **HD**, **C**, **AD**) All the teams must take part in an intense head-to-head battle before they check-in at the mat. s31ep6
7.00 **Young Sheldon** (PG, **HD**, **C**, **AD**) Sheldon encourages Missy to question the Bible, Meemaw is determined to catch George Sr In a lie, and Mary helps Pastor Jeff search for a youth pastor. s5ep2
7.30 ■ **The Bourne Ultimatum** (2007, M, R, **HD**, **C**, **AD**) Jason Bourne becomes the target of a new assassin programme while searching for the origins of his life as a trained killer. Matt Damon, Julia Stiles, David Strathairn. **TV Films, page 69**
9.45 **8 Out of 10 Cats Does Countdown** (16, R, **HD**, **C**) Jimmy Carr hosts a UK quiz show, with Sean Lock, Jon Richardson, Susie Dent, Rachel Riley, Sara Pascoe, Joe Wilkinson and Sam Simmons. s12ep4
10.45 ■ **Jaws: The Revenge** (1987, M, **HD**, **C**, **AD**) Chief Brody's widow believes that her family is being targeted by another shark. Lorraine Gary, Michael Caine.
12.35am Killer Camp (M, **HD**, **C**) s2ep1
1.20 ■ **License to Kill** (M, **C**) s2ep12
2.05 **In Ice Cold Blood** (16, **HD**, **C**) s2ep16
2.55 **Aaron Hernandez Uncovered** (M, **HD**, **C**) s1ep3
3.40 **2 Tunes**
4.05 **Infomercials**
4.35 **Religious Programming**

THREE FREEVIEW 3 SKY 003

6.00 **Life TV**
6.30 **Leading the Way**
7.00 **Charles Stanley**
8.00 **2021 Rugby League World Cup Pre-match** Previewing the Kiwis' pool match against Jamaica.
8.20 **2021 Rugby League World Cup** Kiwis v Jamaica, from MKM Stadium, Hull, England.
10.30 **The Hui** (R, **C**) With Mihingarangi Forbes.
11.00 **Newshub Nation** (R, **C**) With Simon Shepherd and Rebecca Wright.
Noon **American Loggers** (PG, **C**)
1.00 **Muscle Garage** (PG)
1.30 **NZ Rally Championship** Round 5.
2.45 **British Touring Cars**
3.45 **MotoGP**
5.00 **Ocean Bounty** (G, **C**)
6.00 **Newshub Live**
7.00 **Australian Ninja Warrior** (G, **C**) The Attack of the Teens continues, while the Ninja legends are more determined than ever to prove they're still in charge of the course.
8.45 ■ **Elysium** (2013, 16, R, **C**) A labourer on a devastated Earth attempts to travel to a luxurious offshore world in order to secure medical help for his friend's daughter. Matt Damon, Jodie Foster, Sharlto Copley, Alice Braga, Diego Luna. **TV Films, page 69**
10.50 **Cocaine: Living with the Cartels** (16, R, **C**) UK series. s1ep2
11.50 **Infomercials**
5.30 – 6.00 Bath Crashers (G, R, **C**)

PRIME FREEVIEW 10 SKY 004

7.00 **Storage Wars** (PG, R, **C**)
7.30 **Religious Programming** (PG)
10.00 **Antiques Roadshow** (G, R, **C**)
11.05 **NXT** (PG, R)
Noon **Traffic Cops** (PG, R, **C**)
1.00 **Sewer Squad** (PG, R, **C**)
2.00 **Storage Wars** (PG, R, **C**)
2.30 **Judge Judy** (PG)
3.30 **A-League Men Highlights** (G)
4.00 **Mainfreight Rugby** (G)
5.00 **Storage Wars** (PG, R, **C**)
5.30 **Prime News**
6.00 **American Pickers** (PG, R)
7.00 **Storage Wars** (PG, R, **C**)
7.30 **Helicopter ER** (M, **C**)
8.30 **Question of Justice** (16, R, **C**) Māori are 16% of the population, but make up 53% of prisoners.
9.30 **Game of Thrones** (18, **C**)
10.40 **Constellation Cup** (G, **C**) Australia v Silver Ferns, game 4, from Gold Coast Convention and Exhibition Centre, Queensland.
12.10am Game of Thrones (18, **C**)
1.15 **SmackDown** (PG)
2.30 – 6.00 Infomercials

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

Game show: LUCKY DIP ON THE ROAD

It's like the old days of *It's in the Bag*, although Selwyn Toogood never wore suits as flamboyant as Luke "The Birdman" Bird's. The popular game show heads to small towns around the country. Watch out, Feilding!
WHAKAATA MĀORI, 8.00pm

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Whānau Bake-Off** (G, R)
9.30 **Easy Eats** (G, R)
10.00 **He Kākano** (G, R)
10.30 **Matau Bros Gone Fishing** (G, R)
11.00 **Te Ao Mārama**
11.30 **Te Ao with Moana** (R)
Noon **Te Ao Tapatahi**
12.30 **Tagata Pasifika**
2.00 ■ **Swallows and Amazons** (2016, PG, R) Kelly Macdonald.
4.00 **Waka Huia** (G, R)
4.30 **The Hui** (R)
5.00 **Our Other Islands** (G, R)
5.30 **Te Wānanga o Aotearoa Sprints** (R)
6.30 **Heritage Rescue** (G, R) Brigid Gallagher visits Dargaville Museum.
7.30 **Asian Art Stories Aotearoa** (G) Documentary in which Asian-New Zealand artists reflect on how life in Aotearoa informs their work.
8.00 ■ **Lucky Dip on the Road** (PG) Luke Bird and Marcia Hopa take their game show to small-town Aotearoa.
8.30 ■ **Viva** (2015, M) A young drag performer in Cuba must come to terms with his sexuality after reuniting with his estranged father. Héctor Medina, Jorge Perugorría.
TV Films, page 69
10.20 – 11.20 **Tāringa** (G, R)

BRAVO FREEVIEW 4 SKY 012

6.00 **Top Chef** (PG, R)
9.10 **Hoarders** (PG, R)
10.50 **Rich Listers NZ** (PG, R)
11.40 **Love it or List it** (G, R)
1.30 **Clubhouse Rescue** (PG, R) Israel Dagg and Stephen Donald begin at the Hibiscus Coast Football Club.
2.30 **Rich Kids Go Skint** (PG, R)
3.30 **A Place in the Sun: Winter Sun** (G, R)
6.30 **Love it or List it** (G)
7.30 ■ **About Time** (2013, M, R, **C**) An awkward guy discovers that all the men in his family can travel through time and exploits his abilities to court the woman of his dreams. Domhnall Gleeson, Rachel McAdams, Bill Nighy.
10.05 **999 What's Your Emergency?** (M, R) Cheshire PC Claire Heatley is assaulted by a suspect.
11.05 **Young, Dumb and Banged Up in the Sun** (M, R)
12.00am The Real Housewives of Dubai (M) **12.50 – 6.00** Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Key of David**
6.30 **Through the Bible**
7.00 **Leading the Way**
7.30 **Turning Point**
8.00 **Girl Meets Farm** (G)
8.25 **The Best Thing I Ever Ate** (PG, R)
9.15 **Monument Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
10.45 **Robson Green's Grand Slam** (G)
11.35 **Flea Market Flip** (G, R)
Noon **Clash of the Grandmas** (G)
1.00 **Ridiculous Cakes** (G)
1.30 **The 1% Club** (PG, R)
2.30 **It's Me or the Dog UK** (PG, R)
3.00 **Amanda to the Rescue** (PG)
4.00 **Baker's Dozen** (PG)
5.00 **Mysteries at the Castle** (PG)
6.00 **American Pickers** (PG)
7.00 **Baggage Battles** (PG, R)
7.30 **Ice Vikings** (PG)
8.30 ■ **The Man Who Knew Infinity** (2015, PG) Dev Patel.
TV Films, page 69
10.40 **Forged in Fire** (PG)
11.35 **Flea Market Flip** (G)
12.05am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Tanked** (PG, R)
7.40 **Desert Car Kings** (PG, R)
8.30 **Building Off the Grid: Montana Earth Home** (G, R)
9.20 **100 Days Wild** (PG, R)
10.10 **Men, Women, Wild** (PG, R)
11.00 **Inside West Coast Customs** (PG, R)
11.50 **Garage Squad Marathon** (PG, R)
1.30 **Fast N' Loud Marathon** (PG, R)
5.40 **Garage Squad** (PG)
6.35 **Head Rush** (G)
7.30 **Desert Car Kings** (PG) An accident damages part of the 1964 Plymouth Barracuda restoration.
8.25 **Highway to Sell** (PG) Dennis convinces an old friend to partner on his cherished 67 Chevy Chevelle.
9.20 **Rusted Development** (PG) Chuck and Rick get a tip about a Corvette car hoard.
10.15 **Airplane Repo** (PG)
11.10 **Garage Squad** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
10.30 **The Octopus in My House** (G, R, **HD**, **C**, **AD**)
11.40 **The Cube** (G, R, **HD**, **C**)
12.30 **Winning Combination** (G, R, **HD**, **C**, **AD**)
1.30 **Motorway Patrol** (PG, **C**)
2.30 **River Monsters** (PG, R, **HD**, **C**)
3.35 **Xploration: Awesome Planet** (G, R, **HD**)
4.05 **Impossible Engineering** (G, R, **HD**, **C**, **AD**)
5.05 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s5ep16
6.05 **Rescue Cam** (G, R, **HD**)
6.30 **Fish of the Day** (G, **HD**, **C**) s2ep4
7.05 **Family Guy** (PG, R, **HD**, **C**, **AD**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s22ep11
8.30 **South Seas Spearo** (PG, **HD**, **C**) The team return to Fiordland to have another go at spearing hāpuka. s3ep5
9.35 **Wild Kai Legends** (PG, **HD**, **C**) Tāmati is on the On the East Coast. s3ep5
10.05 **The Season** (PG) s1ep4
10.40 ■ **Fast Justice** (PG, R, **HD**, **C**, **AD**) UK series.
11.35 – 12.30am ■ **Red Arrows Take America** (G, R, **HD**)

SKY PREMIERE SKY 030

7.00 **Four Good Days** (2019, M) Mila Kunis, Glenn Close
8.40 **Dear Evan Hansen** (2021, M) Ben Platt, Kaitlyn Dever
11.00 **Mark Hunt: The Fight of His Life** (2021, 16) Documentary.
12.30 **Respect** (2021, M) Jennifer Hudson, Forest Whitaker
2.55 **Gunpowder Milkshake** (2021, 16) Karen Gillan, Lena Headey
4.50 **Blue Bayou** (2020, M) Justin Chon, Alicia Vikander
6.50 **Fortress** (2022, 16) A retired CIA agent and his estranged son retreat to a high-tech bunker when they are ambushed by an old enemy. Bruce Willis, Chad Michael Murray
8.30 **King Richard** (2021, M) Based on the story of Richard Williams and his plan to turn his daughters, Venus and Serena, into professional tennis players. Will Smith, Aunjanue Ellis **TV Films, page 69**
10.55 **Great White** (2020, 16) Katrina Bowden
12.30am The Little Things (2021, M) **2.35** Crisis (2020, 16) **4.35** Falling for Figaro (2021, M)

MOVIES CLASSICS SKY 034

6.00 **The Pelican Brief** (1993, PG) Julia Roberts, Denzel Washington
8.20 **The Long Goodbye** (1973, M) Elliott Gould, Sterling Hayden
10.10 **The People vs Larry Flynt** (1996, 18) Woody Harrelson, Edward Norton
12.20 **The Exorcist: The Version You've Never Seen** (1973, 16) Linda Blair, Ellen Burstyn
2.30 **Tootsie** (1982, PG) Dustin Hoffman, Jessica Lange
4.25 **Superman** (1978, PG) Christopher Reeve
6.50 **Five Easy Pieces** (1970, 16) A man who rejected his upper-class background visits his estranged family when his father falls ill. Jack Nicholson, Karen Black
8.30 **Dead Man Walking** (1995, 16) Based on the story of Sister Helen Prejean and her work with a death row killer. Sean Penn, Susan Sarandon, Robert Prosky
10.30 **Forever Young** (1992, PG) Mel Gibson, Jamie Lee Curtis.
12.10am The Alamo (1960, PG) **2.50** The Night of the Generals (1967, PG) **5.10** All the President's Men (1976, 16)

RIALTO SKY 039

6.50 **Percy vs Goliath** (2020, PG) Christopher Walken
8.30 **Gold** (2022, M) Zac Efron
10.05 **The Traitor** (2019, 16) Pierfrancesco Favino
12.35 **Delfin** (2019, PG) Valentino Catania
2.05 **My Father and Me** (2019, M) UK documentary.
3.45 **Help** (2021, M) Stephen Graham, Jodie Comer
5.25 **Ailey** (2021, M) US documentary.
7.00 **Pig** (2021, 16) An Oregon truffle hunter returns to Portland to find the person who stole his pig. Nicolas Cage
8.30 **Rialto British: Limbo** (2020, M) Four asylum seekers are stuck on a remote Scottish island awaiting processing of their refugee requests. Amir El-Masry, Vikash Bhai
TV Films, page 69
10.15 **Blind Ambition** (2021, M) Australian documentary.
11.50 **Saint Maud** (2019, 16) Jennifer Ehle, Morfydd Clark
1.15am Jane by Charlotte (2021, M) **2.50** Heart to Heart (2021, M) **3.10** My Father and Me (2019, M) **4.50** Help (2021, M)

SKY CHANNELS

Vibe SKY 006

6.55 Victorian Bakers (PG) s1ep3 **7.50** Judge Judy Omnibus (PG) **9.50** The Closer Omnibus (M) **1.45** Harlots (16) s2ep7 **2.45** ■ Perfect Pairing (2021, PG) **4.25** Back in Time for the Weekend (PG) s3ep3 **5.25** Stacey Dooley Investigates (M) **6.40** Dream Home Dilemma (G) s1ep3&4 **7.40** Secrets of the Royal Gardens (PG) London's royal parks cover more than 5000 acres and attract more than 77 million visitors every year. s1ep2 **8.40** Victoria (M) Albert and Palmerston put their reputations on the line. s3ep7 **9.45** ■ Agatha and the Midnight Murders (202, 16) In 1940 as bombs fall on London, Agatha Christie decides to kill off her most famous creation, Hercule Poirot. Helen Baxendale, Blake Harrison. **11.45** Back in Time for the Weekend (PG) s3ep3 **12.45am** Programmes continue

BBC UKTV SKY 007

6.00 Ackley Bridge Marathon Continues (M) s2ep7-9 **8.30** Holby City (M) s21ep26 **9.35** EastEnders Marathon (PG) **11.35** The Jonathan Ross Show (PG) s18ep9 **12.25** The Graham Norton Show (M) s29ep14 **1.20** 8 Out of 10 Cats Does Countdown (PG) **2.15** Midsomer Murders (PG) s19ep6 **4.00** The Mallorca Files (PG) s1ep6 **4.50** Sanditon (PG) s2ep5 **5.50** Heartbeat (M) s18ep17 **6.45** Sister Boniface Mysteries (PG) s1ep3 **7.35** Doc Martin (M) It's business as usual for Dr Martin even though it's his wedding day. s3ep7 **8.30** Who Do You Think You Are? (PG) Dame Judi Dench's journey through her ancestry leads her to 16th-century Denmark. **9.35** Call the Midwife (PG) Freshly qualified nurse Barbara Gilbert arrives to take up her position at Nonnatus and is extremely anxious to prove herself. s4ep1 **10.40** Call the Midwife (PG) s4ep2 **11.45** Casualty (PG) s37ep8 **12.35am** Programmes continue

SoHo SKY 010

6.00 Kidding Marathon (16) s2ep4-10 **9.50** Mrs. Fletcher Marathon (18) s1ep1-7 **1.30** The Vow (18) s2ep1 **2.30** The Outsider (16) s1ep4 **3.30** Shameless Hall of Shame (18) s1ep6 **4.30** Animal Kingdom (16) s6ep final **5.30** Industry (16) s2ep7 **6.30** His Dark Materials (PG) s2ep3 **7.30** Succession (16) With the DOJ at the door, and Kendall becomes obsessed with his own takedown. s3ep3 **8.30** Gangs of London (18) Set six months after the events of last season, the map of London is being redrawn. s2ep1 **9.30** House of the Dragon (18) s1ep9 **10.30** Real Time with Bill Maher (M) s20ep31 **11.30** Atlanta (16) s4ep5 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.05** Garden Rescue (PG) **7.55** Love Your Garden (PG) **8.45** Gardening Australia (PG) **9.45** The Great British Dig (PG) **10.45** Salvage Hunters: The Restorers (PG) **11.45** Penelope Keith's Hidden Villages (PG) **12.40** Rachael Ray's Week in a Day (PG) **1.30** Girl Meets Farm (PG) **2.00** The House That Dripped Chocolate (PG) **2.55** Turn on the Dark (PG) **3.50** Halloween Baking Championship (PG) **4.45** All-Star Halloween Spectacular (PG) **5.40** Chopped Sweets (PG) **6.35** Haunted Gingerbread Showdown (PG) **7.30** The Great British Dig (PG) **8.30** Shed and Buried (PG) **9.30** Long Lost Family UK **10.30** The House That Dripped Chocolate (PG) **11.30** Turn on the Dark (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Obsession: Dark Desires (M) **7.45** I Went Undercover (M) **8.35** People Magazine Investigates (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Still a Mystery (M) **1.05** Body Cam (M) **2.00** Murder in the Heartland Marathon (M) **5.40** The Hillside Strangler Marathon (M) **8.30** Grave Mysteries (M) **9.30** Still a Mystery (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.00 Last Night of the Proms 2021 **7.30** Artists & Love **8.00** Viva la Mamma (G) Opera by Gaetano Donizetti. **10.00** Balletboyz: Deluxe **11.00** Parklife **12.30** ■ Brewmore Baltimore (2015, G) **2.00** Last Night of the Proms 2021 **3.30** Artists & Love **4.00** Semyon Bychkov Conducts Katia & Marielle Labèque **5.30** Masterpieces Unveiled **6.00** ■ Jeff Beck: Live in Tokyo (2014, G) **7.30** You, Myself and Art **8.00** ■ Sheryl Crow: Live at Capitol Theatre (2018, G) **9.35** Devolution: A Devo Theory **10.35** Rock Legends: Marvin Gaye **11.00** Rock Legends: Pat Benatar **11.30** Rock Legends: Primal Scream **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Strange Evidence (M) **7.45** How the Universe Works (PG) **8.35** Deadliest Catch (M) **9.25** Great Southern Truckers (PG) **10.20** What on Earth? (PG) **11.15** Hoffman Family Gold (M) **12.10** Gold Rush: Freddy Dodge's Mine Rescue (M) **1.05** Dirty Jobs (M) **2.00** Deadliest Catch Special (M) **3.50** Deadliest Catch Marathon (M) **7.30** Aussie Gold Hunters (PG) **8.30** Naked and Afraid (M) **9.30** Naked and Afraid XL Special (M) **10.30** Dual Survival (M) **11.25** Strange Evidence (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Storm Rising (PG) **7.30** Air Crash Investigation: Special Report (M) **9.30** World of Flavor with Big Moe Cason (PG) **10.30** Wicked Tuna (PG) **11.30** Alaska: The Next Generation (PG) **12.30** Mine Kings (M) **1.30** César Millan: Better Human, Better Dog (PG) **3.30** Food Factory Marathon (PG) **5.30** World's Greatest Train Journeys from Above (PG) **6.30** Aussie Snake Wranglers (PG) **7.00** Edge of the Unknown (PG) **7.30** César Millan: Better Human, Better Dog (PG) César intervenes when dog brothers draw blood. **8.30** Mega Factories **9.30** World's Greatest Train Journeys from Above (PG) In Canada, the Winnipeg to Churchill train crosses Manitoba on a route that requires determination and fire to keep it running. **10.30** Narco Wars: Queen Pins (M) **11.30** Aussie Snake Wranglers (PG) **12.00am** Programmes continue

History SKY 073

6.20 Caligula with Mary Beard (PG) **7.30** Butterfly Effect (PG) **8.00** Greatest Escapes of History (PG) **8.30** Time Team **9.30** Myths: Greatest Mysteries of Humanity (PG) **10.30** Secret Nazi Expeditions (PG) **11.25** Caligula with Mary Beard (PG) **12.35** Butterfly Effect (PG) **1.05** Greatest Escapes of History (PG) **1.35** Aussie Inventions That Changed the World (PG) **2.35** D.B. Cooper: Case Closed? (PG) **4.30** Titanic: Dead Reckoning (PG) **5.30** The Secret Story of the Knights Templar (PG) **6.30** Abandoned Engineering (PG) **7.30** The Atom & Us (PG) **8.35** Pope: The Most Powerful Man in History (M) **9.30** Mysteries of the Abandoned (PG) **10.30** The Black Files: Declassified (PG) **11.30** History's Greatest Mysteries (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (PG) **6.45** Ade's Climate Pioneers (PG) **7.45** Louis Theroux: Addicted to Crystal Meth (16) **8.45** Trust Me, I'm a Doctor (PG) **9.40** Attenborough: 60 Years in the Wild (PG) **10.35** Gorilla Family & Me (PG) **12.25** The Dog Rescuers with Alan Davies (PG) **2.00** 24 Hours in A&E (M) **3.40** From Ice to Fire (PG) **4.40** Nature's Greatest Dancers (PG) **5.45** Attenborough and the Sea Dragon (PG) **6.50** Life Below Zero (PG) **7.40** The Dog Rescuers with Alan Davies (PG) **8.30** Spy in the Wild II (PG) **9.35** From Ice to Fire (PG) **10.40** Trust Me, I'm a Doctor (PG) **11.35** Attenborough: 60 Years in the Wild (PG) **12.35am** Programmes continue

BBC UKTV: Call the Midwife, 9.35pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Premier League, Nottingham Forest v Liverpool, replay **8.00** Premier League, Manchester City v Brighton, replay **10.00** National Provincial Championship, grand final, replay **Noon** Premier League, Manchester City v Brighton, replay **2.00** National Provincial Championship, rand final, replay **4.00** NBL, Cairns Taipans v NZ Breakers, **live 6.00** Premier League, Nottingham Forest v Liverpool **6.15** Premier League, Everton v Crystal Palace **6.30** Premier League, Manchester City v Brighton **6.45** Heartland Championship, Meads Cup final **7.00** Heartland Championship, Lochore Cup final **7.15** National Provincial Championship, grand final **7.30** The Breakdown **8.30** Rugby Nation **9.00** Constellation Cup, Australia v Silver Ferns, game 4, from Gold Coast Centre, Queensland, **live 11.30** The Breakdown **12.30am** Rugby Nation **1.00** Gallagher Premiership, Exeter Chiefs v Saracens, replay **2.55** Gallagher Premiership, Leicester Tigers v Wasps, **live 5.00** Heartland Championship, Meads Cup final **5.15** Heartland Championship, Lochore Cup final **5.30** Rugby Nation

Sky Sport 2 SKY 052

6.00 UFC on Sky **6.30** Nascar Cup Series, South Point 400, highlights **7.30** Sky Speed **8.00** Premier League, Everton v Crystal Palace, replay **10.00** PGA Tour highlights **10.30** Inside Netball **11.00** ATP 250, European Open, semi-final 1 **12.30** ATP 250, European Open, semi-final 2 **2.00** ATP 250, Stockholm Open, day 6, semi-final 1 **3.30** ATP 250, Stockholm Open, day 6, semi-final 2 **5.00** FIFA U-17 Women's World Cup, quarter-final 3, replay **7.00** FIFA U-17 Women's World Cup, quarter-final 4, replay **9.00** Premier League, Manchester City v Brighton, replay **11.00** NBL, NZ Breakers v SE Melbourne, replay **1.00am** Premier League, Nottingham Forest v Liverpool **1.20** Constellation Cup, Australia v Silver Ferns, game 4 **1.50** Premier League, Southampton v Arsenal, from St Mary's Stadium, Southampton, **live 4.00** Premier League, Manchester City v Brighton, replay

Sky Sport 3 SKY 053

8.00 ICC Men's T20 World Cup, Australia v Black Caps, replay from the SCG, Sydney **Noon** ICC Men's T20 World Cup, England v Afghanistan, replay from Perth Stadium **4.00** ICC Men's T20 World Cup, Australia v Black Caps **4.30** ICC Men's T20 World Cup, A1 v B2, from Bellerive Oval, Hobart, **live 8.45** ICC Men's T20 World Cup, India v Pakistan, from the MCG, Melbourne, **live 1.00am** ICC Men's T20 World Cup, Ireland v Scotland **1.30** ICC Men's T20 World Cup, Netherlands v Sri Lanka **1.50** Premier League, Aston Villa v Brentford, from Villa Park, Birmingham, **live 4.00** Premier League, Nottingham Forest v Liverpool, from City Ground, Nottingham, **live**

TVNZ 1 FREEVIEW 1 SKY 001

6.00 ■ **Country House Hunters** (G, R, **HD**, **C**)
6.30 **Curryfication** (G, R, **HD**, **C**, **AD**)
7.00 ■ **Eat Well for Less?** (G, R, **HD**, **C**, **AD**)
8.10 **The Ellen DeGeneres Show** (PG, **HD**, **C**)
9.05 **Unbeatable** (G, **HD**, **C**)
10.05 **Tipping Point** (G, R, **HD**, **C**)
11.00 **The Chase** (G, R, **HD**, **C**)
Noon ■ **India Unplated** (G, R, **HD**, **C**, **AD**)
12.30 **Emmerdale** (PG, **C**, **AD**) Faith makes preparations, Chas is blissfully unaware of the tragic events occurring back at home, and the penny drops for Moira.
1.30 **Hollyoaks** (PG, **HD**, **C**, **AD**) Vicky tries to make things right, but ends up putting herself in danger, and Sid has some big news for his family.
2.00 **The Repair Shop** (G, R, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Heathrow: Britain's Busiest Airport** (PG, R, **HD**, **C**, **AD**)
5.00 **The Chase** (PG, R, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **The Chase Bloopers** (G, R, **HD**, **C**) Bradley Walsh presents a special featuring gaffs and outtakes from The Chase.
8.00 **The Check Up** (PG, **HD**, **C**, **AD**) Mataroria Lyndon, Shawn Gielen-Relph, Jayani Kannangara and Vanisi Prescott present a local health series. Tonight, Vanisi investigates hypothyroidism, Shawn discovers who is most vulnerable to the increasing consumption of energy drinks, and Mataroria asks how food affects our mood. s3ep8
8.30 **My Life Is Murder** (M, **HD**, **C**, **AD**) Alexa and Madison's investigation into the death of a music producer is complicated by the arrival of a youngster with some very big news. s3ep8
9.30 **20/20** (**C**) Carolyn Robinson presents international current affairs.
10.30 **Hard Quiz** (PG, R, **HD**, **C**) Tom Gleeson hosts an Australian quiz show.
11.10 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.40 **Paramedics** (16, R, **HD**, **C**)
12.40am ■ **Australian Crime Stories** (G, R, **HD**, **C**, **AD**) s3ep2
1.30 **Te Karere** (R, **HD**)
2.05 **Infomercials**
5.30 – 6.00 **Te Karere** (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, **C**)
6.30 **Maia the Brave** (G, R, **HD**, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **HD**, **C**, **AD**)
6.50 **Darwin & Newts** (G, R, **HD**, **C**, **AD**)
7.05 **Powerpuff Girls** (G, R, **HD**, **C**)
7.25 **Wacky Races** (G, R, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **Gus – the Itsy Bitsy Knight** (G, **HD**, **C**) s1ep22
8.20 **Mighty Little Bheem Special** (G, R, **HD**, **C**)
8.30 **Mighty Little Bheem** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, **C**)
10.05 **The Drew Barrymore Show** (PG, **C**)
10.35 **Home and Away** (PG, R, **HD**, **C**)
11.05 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.35 **Smash** (PG, **HD**, **C**) s1ep13
12.35 **Adele: One Night Only** (G, R, **HD**, **C**, **AD**) Adele performs songs from her latest album.
2.30 **The Drew Barrymore Show** (PG, **C**)
3.00 **Will & Grace** (PG, R, **C**) s2ep14
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **Doctor Who: The Power of the Doctor** (PG, R) The Doctor must fight her deadliest enemies.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Dawn's doubts rise, Jack feels the end is nigh, and Vili spins out of control.
7.30 **Celebrity Treasure Island** (PG, **C**, **AD**, another episode screens tomorrow) Tensions are high following a shock exit from the game, and Jesse finds himself stuck between two alliances.
8.30 **Renters** (PG, **HD**, **C**, **AD**) A semi-derelict property in Auckland stretches the patience of property manager Hollie. s10ep8
9.00 **Australian Survivor: Blood v Water** (PG, **HD**, **C**, another episode screens tomorrow) A castaway snaffles an Idol clue for themselves.
10.35 **The Walking Dead** (16, **C**) Daryl and Dog are captured by the Reapers and at the Meridian, they reconnect with a familiar figure. s11ep20
11.35 **Two and a Half Men** (PG, R, **HD**, **C**) s9ep1
12.00am **2 Broke Girls** (PG, R, **HD**, **C**) s2ep14
12.25 **Counterpart** (16, **HD**, **C**) s2ep1
1.25 **Emmerdale** (PG, R, **C**, **AD**)
2.10 **Infomercials**
3.10 **Grey's Anatomy** (PG, R, **HD**, **C**) s17ep11
3.50 **Heroes** (M, R, **C**) s4ep4
4.35 **Hollyoaks** (PG, R, **HD**, **C**, **AD**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **Gold Rush** (PG, **C**)
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.35 **Extreme Couponing** (PG, R, **C**) s2ep6
12.05 ■ **The Perfect Wedding Match** (2021, PG, R, **C**) Jenna Michno, Tyler Courtad.
2.00 **Cutthroat Kitchen** (G, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Extreme Couponing** (PG, R, **C**) s2ep7
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Lego Masters Australia** (G, **C**, another episode screens tomorrow) The teams have 10 hours to build something that is whole on one side, but reveals a world cut in half on the other. s4ep5
8.45 **The Rookie** (M, **C**) Nolan and Bailey discover there's more to Fred's death than meets the eye, and Chen and Bradford demand a treasure hunt rematch. s4ep7
9.40 **Law & Order: Special Victims Unit** (16, **C**) Benson teams up with Lieutenant Barek and the Bronx SVU to track down a serial rapist. s22ep7
10.35 **Mean Mums** (PG, R, **C**) s2ep2
11.10 **Golden Boy** (M, R, **C**) s2ep2&3
12.10am **Infomercials**
5.30 – 6.00 AM **Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
8.35 **Butterbean's Cafe** (G, R, **C**)
9.00 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (PG, R, **C**)
10.00 **Traffic Cops** (PG, R, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **Tagata Pasifika: SunPix Pacific Peoples Awards Special** (G)
5.30 **Prime News**
6.00 **Rugby Nation** (G)
7.00 **Pawn Stars** (PG)
7.30 **American Pickers** (PG, R)
8.30 **The Crowd Goes Wild**
9.30 **Winning Time: The Rise of the Lakers Dynasty** (18, **C**) In Las Vegas, Buss becomes entangled with a dangerous foe, and former Laker Pat Riley seeks out a new place within the team.
10.40 **The Late Show with Stephen Colbert** (PG)
11.40 **Ballers** (16)
12.30 – 6.00 **Infomercials**

Cosy Crime: MISS SCARLET AND THE DUKE

The fun Victorian-era murder-mystery series received middling reviews for its first season, but it was a hit in the US on PBS, which commissioned second and third seasons. The show was created by *Grantchester* writer Rachael New, whose Eliza Scarlet (Kate Phillips) is a modern woman just trying to make her way in a fusty, patriarchal world. After her private-detective father died, she took over the business, defying convention and often coming into conflict with Detective Inspector William Wellington, aka The Duke (Stuart Martin). New promises "more action, adventure and a nice big dollop of romance" in season two.
NEON

Documentary: UNSOLVED MYSTERIES: VOLUME 3

The first *Unsolved Mysteries* series was presented by Raymond Burr, Karl Malden and Robert Stack in 1987 and has been revived twice before this 2020 reboot. It's cold cases and so-called paranormal phenomena, although some critics feel it doesn't match the spookiness of the original.
NETFLIX

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G)
9.00 **Easy Eats** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Kai Safari** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Asian Art Stories Aotearoa** (G, R)
11.30 **Lucky Dip on the Road** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Celebrity Playlist** (G, R)
1.00 **Heritage Rescue** (G, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Rangitāne** (G, R)
6.30 **Te Ao Mārama**
7.00 **Marae** Current affairs.
7.30 **Homesteads** (G) Stories of seven homesteads. Tonight, the Stirling whānau homesteads in Raukokore and Tāmaki Makaurau.
8.00 **Te Ao with Moana** With Moana Maniapoto.
8.30 **Surfwise** (2007, M) Documentary about surfer Dorian "Doc" Paskowitz and his wife, who withdrew from mainstream American life to raise their large brood in a 7m camper.
10.05 **Indigenous 100** (G, R) Dame Hinewehi Mohi.
10.35 **Ki Tua** (G, R)
11.05 – 11.35 **Te Ao Mārama** (R)

Comedy: HYPOTHETICAL

Random questions have included "How would you prevent the sinking of the Titanic?" and "What sort of cult would you start?" In fact, the whole show is one random question after another, and the guests genuinely appear to be having a good time. Season four starts tonight.
TVNZ DUKE, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love it or List it** (G, R)
10.50 **Hoarders** (PG, R)
11.40 **A Place in the Sun: Winter Sun** (G, R)
12.40 **Love It or List It** (G, R)
1.35 **Below Deck** (PG, R)
2.30 **Love it or List it** (G, R)
3.30 **Top Chef** (G)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Winter Sun** (G)
6.30 **Hoarders** (PG, R) s3ep9
7.30 **Snapped: Killer Couples** (M) The disappearance of a Georgia man triggers an investigation into online dating.
8.30 **An Unexpected Killer** (M) The night manager of a restaurant is murdered.
9.30 **Twisted Killers** (16) In suburban Ohio, an entire family goes missing.
10.30 **Snapped** (M)
11.25 **The DNA of Murder with Paul Holes** (M, R)
12.45am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Amanda to the Rescue** (PG, R)
7.20 **The Pioneer Woman** (G)
7.45 **Trisha's Southern Kitchen** (G)
8.10 **Baker's Dozen** (PG, R)
9.00 **Castle Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Bang on Budget** (PG)
1.00 **American Restoration** (PG)
1.30 **Baggage Battles** (PG, R)
2.00 **Ice Vikings** (PG, R)
3.00 **Restaurant: Impossible** (G)
4.00 **Jamie's Super Food** (G)
5.00 **Mysteries at the Castle** (PG)
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Aus** (PG)
8.00 **It's Me or the Dog** (PG, R)
8.30 **Richard Hammond's Workshop** (PG)
9.30 **World's Greatest Hotels** (PG)
10.30 **Shipping Wars** (PG, R)
11.00 **Border Security Aus** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Treehouse Masters** (PG, R)
7.40 **Fast N' Loud** (PG, R)
8.30 **Desert Car Kings** (PG, R)
9.20 **Highway to Sell** (PG, R)
10.10 **Rusted Development** (PG, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Fast N' Loud** (PG, R)
12.40 **Building Off the Grid: Montana Earth Home** (G, R)
1.30 **Building Alaska** (G, R)
2.20 **Homestead Rescue** (PG, R)
3.10 **Treehouse Masters** (PG, R)
4.00 **Desert Car Kings** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.35 **Fast N' Loud** (PG)
7.30 **Men, Women, Wild** (PG)
8.25 **Man vs. Wild** (PG) Bear is in the Namibian desert.
9.20 **Naked and Afraid** (M)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Treehouse Masters** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
10.35 **Waterfront House Masters** (G, R, **HD**, **C**)
11.25 **Heavy Rescue 401** (G, R, **HD**)
12.20 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep11
12.40 **Everybody Hates Chris** (PG, R, **HD**, **C**)
1.05 **River Monsters** (PG, R, **HD**, **C**)
2.10 **Star Trek Discovery** (PG, R, **C**) s4ep9
3.10 **Hunting Aotearoa** (G, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.40 **ABC World News** (PG)
5.05 **Taste of Australia** (G, **HD**, **C**)
5.35 **Abandoned Engineering** (PG, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep12
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s22ep13
8.30 **Hypothetical** (M, **C**) s4ep1
9.25 **Family Guy** (PG, R, **C**, **AD**)
10.25 **Robot Chicken** (16, **HD**)
10.50 **Aqua Teen Hunger Force** (M, **HD**)
11.15 **The Eric Andre Show** (16, **HD**)
11.45 **The Venture Bros** (16, **HD**)
1.45am – 2.05 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.20 **Six Minutes to Midnight** (2021, M) Eddie Izzard
8.00 **Godzilla vs. Kong** (2021, M) Alexander Skarsgard
9.50 **Songbird** (2020, 16) KJ Apa, Sofia Carson
11.15 **Spider-Man: No Way Home** (2021, M) Tom Holland
1.40 **The Hitman's Wife's Bodyguard** (2021, 16) Ryan Reynolds, Samuel L Jackson
3.35 **The Devil Has a Name** (2021, 16) Kate Bosworth
5.10 **Venom: Let There Be Carnage** (2021, M) Tom Hardy, Woody Harrelson
6.45 **The Night House** (2020, M) A grieving woman discovers that her lakeside home is haunted. Rebecca Hall, Sarah Goldberg
8.30 **Judas & the Black Messiah** (2021, 16) Based on the story of an FBI informant who infiltrated the Illinois Black Panther Party. Daniel Kaluuya, LaKeith Stanfield
10.35 **Those Who Wish Me Dead** (2021, 16) Angelina Jolie
12.15am Alone (2020, 16) **1.55** Locked Down (2021, M) **3.50** Come Play (2020, M) **5.25** The Night House (2020, M)

MOVIES CLASSICS SKY 034

7.25 **Bite the Bullet** (1975, PG) Gene Hackman, Candice Bergen
9.35 **The Fugitive** (1993, M) Harrison Ford, Tommy Lee Jones
11.45 **Wyatt Earp** (1994, M) Kevin Costner, Dennis Quaid
2.50 **Anzio** (1968, PG) Robert Mitchum, Peter Falk
4.45 **The Human Factor** (1979, M) Richard Attenborough, Nicol Williamson
6.40 **City Slickers** (1991, PG) Billy Crystal, Daniel Stern
8.30 **Mean Streets** (1973, 18) A young Italian-American tries to balance his work for the local mob while trying to keep his friend out of trouble. Robert De Niro, Harvey Keitel
10.20 **Bull Durham** (1988, M) A minor league baseball team has a rare asset, a poetry-loving groupie who has an affair with one player per season. Kevin Costner, Susan Sarandon
12.05am The Tall T (1957, G) **1.20** A Night in Casablanca (1946, G) **2.45** Last Tango in Paris (1972, 18) **4.50** Jubal (1956, PG)

RIALTO SKY 039

6.30 **Ailey** (2021, M) US documentary.
8.05 **Pig** (2021, 16) Nicolas Cage
9.35 **Limbo** (2020, M) Kenneth Collard
11.20 **Blind Ambition** (2021, M) Australian documentary.
12.55 **Quacks Marathon** (M) s1ep1-6
4.10 **The Rossellinis** (2020, M) Italian/Latvian documentary.
5.50 **Stardust** (2020, M) Johnny Flynn, Jena Malone
7.40 **War of the Worlds** (M) s2ep7
8.30 **Rialto World: Apples** (2020, M) When a pandemic causes people to develop amnesia, a man finds himself enrolled in a recovery programme. Aris Servetalis **TV Films, page 69**
10.00 **It Snows in Benidorm** (2020, 16) When a man retires, he visits his brother in Benidorm, only to discover that he's disappeared. Timothy Spall
11.55 **My Childhood, My Country: 20 Years in Afghanistan** (2021, M) UK documentary.
1.30am The North Water (16) s1ep1 **2.30** Stardust (2020, M) **4.20** The Rossellinis (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s3ep1 **7.10** The Closer (M) s7ep16 **7.55** Major Crimes (M) **8.40** The Good Wife (M) s3ep18 **9.25** Covert Affairs (M) s5ep5 **10.10** Judge Judy (PG) **11.00** ■ Agatha and the Midnight Murders (202, 16) Helen Baxendale. **12.50** Back in Time for the Weekend (PG) s3ep3 **1.55** The Closer (M) s7ep16 **2.45** Major Crimes (M) **3.35** The Good Wife (M) s3ep18 **4.25** Judge Judy (PG) **5.15** Downton Abbey (M) s3ep1 **6.35** Covert Affairs (M) s5ep5 **7.30** Casualty 24/7 (M) s2ep8 **8.30** Ambulance (16) s8ep4 **9.45** Hospital (M) s1ep3 **11.00** The Good Wife (M) s3ep18 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** Keeping Up Appearances (PG) s1ep3 **7.35** The Bill (M) **8.25** A Touch of Frost (M) s15ep2 **10.10** Father Brown (PG) s7ep6 **11.00** Doc Martin (PG) s7ep8 **11.50** Midsomer Murders (M) s9ep5 **1.35** The Bill (M) **2.25** New Tricks (M) s12ep5 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (PG) s28ep8 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Sanditon (PG) Esther faces a bleak future as Edward's schemes come to fruition. s2ep6 **9.35** Hotel Portofino (M) s1ep2 **10.40** Keeping Faith (M) s2ep5 **11.45** Midsomer Murders (M) s9ep5 **1.25am** Programmes continue

SoHo SKY 010

6.00 Flatbush Misdemeanors (16) s2ep5 **6.30** House of the Dragon (18) s1ep9 **7.30** Penny Dreadful: City of Angels (18) s1ep9 **8.25** His Dark Materials (PG) s2ep3 **9.15** Real Time with Bill Maher (M) s20ep31 **10.15** Gangs of London (18) s2ep1 **11.15** Succession (16) s3ep3 **12.30** Atlanta (16) s4ep5 **1.00** House of the Dragon Marathon (18) s1ep9 **2.00** House of the Dragon (18) s1ep10 **3.05** The House That Dragons Built (18) s1ep10 **3.30** Gangs of London (18) s2ep1 **4.30** Motherland (M) s2ep6 **5.20** Shameless (18) s10ep2 **6.20** Avenue 5 (M) s1ep6 **6.50** Insecure (16) s4ep5 **7.25** Last Week Tonight with John Oliver (M) s9ep26 **8.00** What We Do in the Shadows (16) s4ep10 **8.30** House of the Dragon (18) s1ep10 **9.35** The Man Who Fell to Earth (16) Faraday, Justin and Hatch are thrust into the cut-throat world of big tech. s1ep4 **10.30** American Gigolo (18) s1ep6 **11.30** DMZ (16) s1ep4 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family US (PG) **10.00** Paramedics on Scene (PG) **11.00** A Place in the Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Grand Designs Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Freaky Sweets (PG) **4.45** Paramedics on Scene (PG) **5.40** Selling Houses Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun (PG) **8.30** Find Your Dream Home (PG) **9.00** Find Me a Beach House (PG) **9.30** Home of the Year: Scotland (PG) **10.30** Grand Designs New Zealand (PG) **11.20** House Hunters (PG) **12.10am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Where Murder Lies (M) **7.45** Evil Lives Here (M) **8.35** Reasonable Doubt (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Heartbreakers (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** The Hillside Strangler Marathon (M) **7.30** Evil Lives Here (M) **8.30** American Monster (M) **9.30** Evil Lives Here (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.35 Rock Legends: Marvin Gaye **7.00** Rock Legends: Pat Benatar **7.30** Rock Legends: Primal Scream **8.00** Semyon Bychkov Conducts Katia & Marielle Labèque **9.30** Masterpieces Unveiled **10.00** ■ Jeff Beck: Live in Tokyo (2014, G) **11.30** You, Myself and Art **Noon** ■ Sheryl Crow: Live at Capitol Theatre (2018, G) **1.35** Devolution: A Devo Theory **2.35** Rock Legends: Marvin Gaye **3.00** Rock Legends: Pat Benatar **3.30** Rock Legends: Primal Scream **4.00** Quatuor Ebene: Beethoven String Quartets **5.35** Rankin's 2020 **6.00** Playing Frisbee in North Korea **7.00** The Great Pottery Throw Down **8.00** Art and M.E. **9.00** ■ Blurred Lines: Inside the Art World (2017, G) Documentary about the major players in the contemporary art market. **10.30** Fire on the Hill **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (M) **7.45** Railroad Australia (PG) **8.35** Hoffman Family Gold (M) **9.25** Gold Rush: Freddy Dodge's Mine Rescue (M) **10.20** Great Southern Truckers (PG) **11.15** Dirty Jobs (M) **12.10** Man Caves (PG) **12.35** How Do They Do It? (PG) **1.05** Secrets of the Underground (PG) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Aussie Salvage Squad (PG) **6.35** Aussie Gold Hunters (PG) **7.30** Aussie Lobster Men (PG) **8.30** Great Southern Truckers (PG) **9.30** Airplane Repo (M) **10.30** Railroad Alaska (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Decades Remixed: The 80s Greatest (PG) **6.30** Hitler's Last Stand (M) **7.30** Aussie Snake Wranglers (PG) **8.00** Outback Wrangler (PG) **8.30** Inside Guantanamo (M) **9.30** Air Crash Investigation (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Breakdown (PG) **2.30** Apocalypse: War of Worlds (16) **3.30** Nazi Megastructures: America's War (PG) **5.30** Hitler's Last Stand (M) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** Alaska: The Next Generation (PG) **8.30** Edge of the Unknown (PG) **9.00** Do or Die (PG) **9.30** Rescued (M) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 History's Greatest Mysteries (PG) **7.30** The Secret Story of the Knights Templar (PG) **8.30** Time Team **9.30** Titanic: Dead Reckoning (PG) **10.30** History's Greatest Mysteries (PG) **11.30** The Secret Story of the Knights Templar (PG) **12.30** The Black Files: Declassified (PG) **1.30** History of Warfare (PG) **2.30** The War (M) **3.30** The War Files (PG) **4.30** The Machinery of War (PG) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering (PG) **7.30** The Secret Story of the Knights Templar (PG) **8.30** The Engineering That Built the World (PG) **9.30** The Six Queens of Henry VIII (M) After four failed marriages, Henry VIII falls in love with teenager Catherine Howard. **10.30** Ivan the Terrible: Might and Madness (PG) **11.30** WWII's Most Daring Raids (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 10 Puppies and Us (PG) **7.00** Life Below Zero (M) **7.50** Where the Wild Men Are: Revisited (PG) **8.40** Life in the Air (PG) **9.30** Trust Me, I'm a Doctor (PG) **10.25** The Dog Rescuers (PG) **11.10** 24 Hours in A&E (M) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Life (PG) **1.15** Life in the Air (PG) **2.10** 10 Puppies and Us (PG) **3.10** Russia with Simon Reeve (PG) **4.15** Trust Me, I'm a Doctor (PG) **5.10** Life Below Zero (M) **6.00** Where the Wild Men Are UK (PG) **6.55** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are **10.20** Life (PG) **11.15** Russia with Simon Reeve (PG) **12.15am** Programmes continue

SoHo: DMZ, 11.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Constellation Cup, Australia v Silver Ferns, game 4, replay **8.00** Premier League, Leeds v Fulham, replay **10.00** NBL, Cairns Taipans v NZ Breakers, replay **Noon** National Provincial Championship, grand final, replay **2.30** NBL, NZ Breakers v South East Melbourne, replay **4.30** Gallagher Premiership, London Irish v Gloucester, replay **6.30** Gallagher Premiership, Leicester Tigers v Wasps, replay **8.30** The Crowd Goes Wild, **live** **9.30** National Provincial Championship, grand final, replay **12.00am** NBL, Cairns Taipans v NZ Breakers, replay **2.00** Premier League, Leeds v Fulham, replay **4.00** Gallagher Premiership, London Irish v Gloucester, replay

Sky Sport 2 SKY 052

6.00 Premier League, Aston Villa v Brentford, replay **8.00** Premier League, Southampton v Arsenal, replay **10.00** ATP 250, European Open, final, replay **Noon** NBL, NZ Breakers v SE Melbourne, highlights **12.30** NBL, Cairns Taipans v NZ Breakers **1.00** Constellation Cup, Australia v Silver Ferns, game 4 **1.30** ATP, Stockholm Open, semi-final 2, replay **3.00** ATP 250, Stockholm Open, final, replay **5.00** ATP 250, European Open, final, replay **7.00** Constellation Cup, Australia v Silver Ferns, game 4, replay from Gold Coast Convention Centre, Queensland **9.00** Premier League, Aston Villa v Brentford, replay **11.00** Premier League, Southampton v Arsenal, replay **1.00am** NBL, NZ Breakers v SE Melbourne, highlights **1.30** NBL, Cairns Taipans v NZ Breakers, highlights **2.00** Constellation Cup, Australia v Silver Ferns, game 4 **2.30** ATP 500, Swiss Indoors Basel, day 1, **live** **4.30** Premier League, Leeds v Fulham **4.45** Premier League, Wolverhampton Wanderers v Leicester City **5.00** NBL, NZ Breakers v SE Melbourne **5.30** NBL, Cairns Taipans v NZ Breakers, highlights

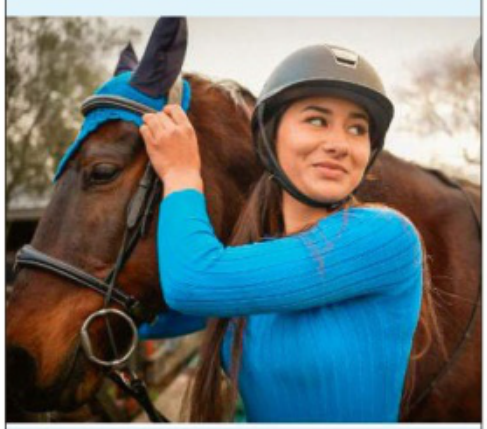
Sky Sport 3 SKY 053

6.00 ICC Men's T20 World Cup, Zimbabwe v Scotland **6.30** ICC Men's T20 World Cup, Australia v Black Caps **7.00** ICC Men's T20 World Cup, England v Afghanistan **7.30** ICC Men's T20 World Cup, A1 v B2, replay from Bellerive Oval, Hobart **11.30** ICC Men's T20 World Cup, India v Pakistan, replay from the MCG, Melbourne **3.30** ICC Men's T20 World Cup, A1 v B2 **4.00** ICC Men's T20 World Cup, India v Pakistan **4.30** ICC Men's T20 World Cup, Bangladesh v A2, from Bellerive Oval, Hobart, **live** **8.45** ICC Men's T20 World Cup, South Africa v B1, from Bellerive Oval, Hobart, **live** **1.00am** ICC Men's T20 World Cup, Australia v Black Caps **1.30** ICC Men's T20 World Cup, England v Afghanistan **2.00** ICC Men's T20 World Cup, Australia v Black Caps, replay from the SCG, Sydney

Documentary: EXPEDITION WITH STEVE BACKSHALL

British adventure dude Steve Backshall returns with a second season of boldly going where no one has gone before. His often dangerous expeditions do have a purpose other than an adrenaline rush: he highlights evidence of climate change, and often includes the work of scientists and environmental experts. Season two includes tracking snow leopards in Kyrgyzstan; avoiding grizzly bears while kayaking the Kamchatka River in Russia; and tracking great white sharks off Mexico's Socorro Island. Despite the dangers, he maintains that the scariest places he's visited are "cities and anywhere with humans".

BBC EARTH, 8.30pm



Factual: HŌIHO RIDING ON

"Every Māori whānau has their horse story," says producer Michelle Lee of this horsey celebration series, which returns today. Equestrian Lizzie Rangihuna treks across the motu visiting horses and their riders. "Māori really know how to connect to horses," says Rangihuna.

WHAKAATA MĀORI, 8.00pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Unbeatable** (G, **HD**, **C**) Jason Manford hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.30 **Hollyoaks** (PG, **C**, **AD**) Grace goes on the warpath, Vicky battles with guilt, and Verity bribes Romeo into spending time with Eric.
2.00 **The Repair Shop** (G, R, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Heathrow: Britain's Busiest Airport** (G, R, **HD**, **C**, **AD**) UK series following some of the 77,000 workers at Heathrow.
5.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Grand Designs New Zealand** (PG, **C**, **AD**) Tom Webster presents a local series following extraordinary house builds. Tonight, in Kerikeri, weekend market and café owners Warrick and Judy Hyland are building the biggest house they can on a budget. s1ep2
8.30 **Documentary NZ: Crime: Need vs Greed** (PG, **C**, **AD**) Investigator Tim McKinnel looks into white-collar crime, which costs Kiwis billions of dollars a year while our system is focused on crimes of poverty, and asks if we are locking up the needy and letting off the greedy.
Feature, page 66
9.30 **Coronation Street** (PG, **C**, **AD**)
10.30 **1 News** (**HD**, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**) Esther struggles to let Marty go, TK puts his foot down with Tillie, and Vili crosses a line.
11.30 **Sunday** (R, **C**) Miriama Kamo presents current affairs.
12.30am I Am (M, R, **HD**, **C**, **AD**) Debra Lampshire began hearing voices at six.
1.20 **Te Karere** (R, **HD**)
1.45 **Infomercials**
5.35 – 6.00 Te Karere (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Maia the Brave** (G, R, **HD**, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **HD**, **C**, **AD**)
6.55 **Darwin & Newts** (G, R, **HD**, **C**, **AD**)
7.05 **Powerpuff Girls** (G, R, **HD**, **C**)
7.30 **Wacky Races** (G, R, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.15 **Gus – the Itsy Bitsy Knight** (G, **HD**, **C**) s1ep23
8.25 **Mighty Little Bheem** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, **C**)
10.05 **The Drew Barrymore Show** (PG, **C**)
10.35 **Mike & Molly** (PG, R, **HD**) s4ep1
11.05 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.35 **Smash** (PG, **HD**, **C**) s1ep14
12.35 **Celebrity Treasure Island** (PG, R, **C**, **AD**)
1.35 **Rich House, Poor House** (G, R, **HD**, **C**, **AD**)
2.30 **The Drew Barrymore Show** (PG, **C**)
3.00 **Will & Grace** (PG, R, **C**) s2ep15
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s33ep2
5.30 **Friends** (G, R, **HD**, **C**) s2ep2
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s8ep8
6.30 **Home and Away** (PG, **HD**, **C**) Ziggy's baby fears keep the doctor away, and Heather lures Marilyn away from home.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Esther struggles to let Marty go, TK puts his foot down with Tillie, and Vili crosses a line.
7.30 **Celebrity Treasure Island** (PG, **C**, **AD**, another episode screens tomorrow) Siobhan is out for revenge, and Courtney has a renewed focus on the game.
8.30 **Hunted Australia** (PG, **HD**, **C**, **AD**) The Hunters are frustrated by a series of near-misses, taunts and elaborate decoys. s1ep5
9.35 **Australian Survivor: Blood v Water** (PG, **HD**, **C**) An Idol comes between a couple of castaways.
10.50 **CSI: Crime Scene Investigation** (16, **HD**, **C**) s7ep1
12.40am Killer Cops (M, **HD**, **C**) s1ep6
1.30 **Emmerdale** (PG, R, **C**, **AD**)
2.15 **Infomercials**
3.15 **Grey's Anatomy** (M, R, **HD**, **C**) s17ep12
3.55 **Heroes** (M, R, **C**) s4ep5
4.35 **Hollyoaks** (PG, R, **HD**, **C**, **AD**)
5.00 – 6.00 Infomercials

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon ■ **Killer Caregiver** (2018, M, R, **C**) Nicole Hayden.
2.00 **Breaking Amish** (M, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Lego Masters Australia** (G, **C**) Teams must create a bridge at least 50 bricks high that can survive two shake plates, with the decision coming down to aesthetics if more than one bridge stays intact. s4ep6
8.55 **Emergency** (M, **C**) Australian series following doctors at the Royal Melbourne Hospital. Tonight, Dr Catriona fears a tradie might lose his sight after a workplace accident, and Dr George and Dr Rosie need to electrocute the heart of a father of two. s3ep4
9.55 **Newshub Late**
10.25 **The Hui** (**C**) With Mihingarangi Forbes.
11.00 **Newshub Nation** (R, **C**) With Simon Shepherd and Rebecca Wright.
12.10am Infomercials
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

8.00 **Kids' Programmes** (**C**)
8.35 **Butterbean's Cafe** (G, R, **C**)
9.00 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (PG, R, **C**)
10.00 **New Amsterdam** (M, R)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
5.00 **WhichCar** (G, R, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG)
7.30 **American Pickers** (PG, R)
8.30 **The First Lady** (16, **C**) Young Eleanor makes her society debut as a member of the prestigious Roosevelt family.
9.40 **The Flight Attendant** (16, **C**) Cassie enlists Max in a plan.
10.35 **The Breakdown** (G)
11.40 **The Late Show with Stephen Colbert** (PG)
1.00 – 6.00 Infomercials

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

Film: HERE TODAY

Billy Crystal directed, co-wrote, produced and stars in this May-December friendship and although it is prone towards the mushy, Crystal's insider knowledge of the comedy world (he plays a comedy screenwriter with dementia) gives it a little bite.
SKY MOVIES PREMIERE, 8.30pm

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.00 **Tribe** (G, R)
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Fusion Feasts** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Homesteads** (G, R)
11.30 **Indigenous 100** (G, R)
Noon **Te Ao Tapatahi**
12.30 ■ **Surfwise** (2007, M, R) US documentary.
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Rangitāne** (G, R)
6.30 **Te Ao Mārama**
7.00 **Up 2** (G) Piri Weepu and Matua Parkinson catch up with some sporting heroes.
7.30 **Karena and Kasey's Kitchen Diplomacy** (G) Karena and Kasey learn about Chilean cuisine.
8.00 ■ **Hoiho Riding on** (PG) Series featuring Māori working, playing and loving their hōiho.
8.30 **Arctic Secrets** (G) Nature series about the remote Arctic.
9.30 **Toa Hunter Gatherer** (M, R) Owen test his agility on the dense mountainous ngahere of Kaikōura.
10.00 **Fighting Chance** (PG, R)
10.30 **Piri's Tiki Tour** (PG)
11.00 – 11.30 **Te Ao Mārama** (R)

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love it or List it** (G, R)
10.50 **Hoarders** (PG, R) s3ep9
11.40 **Snapped** (M, R) s18ep1
12.30 **An Unexpected Killer** (M, R)
1.30 **Below Deck** (M, R)
2.30 **Love it or List it** (G, R)
3.30 **Top Chef** (G)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Winter Sun** (G)
6.30 **Hoarders** (PG, R) s3ep10
7.30 **Rich Kids, Skint Holidays** (PG) 17-year-old Dasha swaps five-star resorts for a basic camping trip.
8.30 **The Real Housewives of Beverly Hills** (M) Garcelle and Diana hit a point of no return in their friendship.
9.30 **Botched** (PG) A fellow doctor was duped into having silicone injections in her face.
10.30 **Snapped** (M)
11.30 **The DNA of Murder with Paul Holes** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G)
7.45 **Trisha's Southern Kitchen** (G)
8.10 **Jamie's Super Food** (G, R)
9.00 **Castle Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **World's Greatest Hotels** (PG, R)
1.00 **Richard Hammond's Workshop** (PG, R)
2.00 **Shipping Wars** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **Restaurant: Impossible** (G)
4.00 **Islands to Highlands** (G)
5.00 **Mysteries at the Castle** (PG)
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Aus** (PG)
8.00 **Newshub Live**
8.30 **Undercover Billionaire** (PG)
9.25 **Lost and Found** (PG)
10.30 **Shipping Wars** (PG, R)
11.00 **Border Security Aus** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Treehouse Masters** (PG, R)
7.40 **Fast N' Loud** (PG, R)
8.30 **Men, Women, Wild** (PG, R)
9.20 **Man vs. Wild** (PG, R)
10.10 **Naked and Afraid** (M, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.45 **Fast N' Loud** (PG, R)
12.35 **Inside West Coast Customs** (PG, R)
1.20 **Kindig Customs** (PG, R)
2.10 **Street Outlaws: No Prep Kings** (M, R)
3.00 **Treehouse Masters** (PG, R)
3.50 **Men, Women, Wild** (PG, R)
4.45 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.35 **Fast N' Loud** (PG)
7.30 **100 Days Wild** (PG)
8.25 **Edge of Alaska** (M)
9.20 **Deadliest Catch** (M)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Treehouse Masters** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
9.30 **DUKEbox Music**
10.30 **Waterfront House Masters** (G, R, **HD**, **C**)
11.20 **Heavy Rescue 401** (PG, R, **HD**)
12.10 **Two and a Half Men** (M, R, **HD**, **C**) s7ep12
12.35 **Everybody Hates Chris** (PG, R, **HD**, **C**)
1.00 **River Monsters** (PG, R, **HD**, **C**)
2.05 **Star Trek Discovery** (PG, R, **C**) s4ep10
3.10 **Hunting Aotearoa** (PG, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.40 **ABC World News** (PG)
5.05 **Taste of Australia with Hayden Quinn** (G, **HD**, **C**) s2ep7
5.35 **Abandoned Engineering** (G, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep13
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s22ep15
8.30 ■ **Donnie Brasco** (1997, 16, **HD**, **C**, **AD**) Al Pacino, Johnny Depp.
10.45 **Secrets of Playboy** (M, **C**)
11.40 – 12.10am **ABC World News** (PG, R)

SKY PREMIERE SKY 030

7.15 **The Current Occupant** (2020, 16) Barry Watson, Sonita Henry
8.40 **Every Breath You Take** (2021, 16) Casey Affleck
10.25 **Fatale** (2020, 16) Hilary Swank, Michael Ealy
12.05 **Lake Placid: Legacy** (2018, 16) Katherine Barrell
1.40 **Voyagers** (2020, 16) Tye Sheridan, Colin Farrell
3.25 **Joe Bell** (2020, M) Mark Wahlberg, Connie Britton
4.58 **Military Wives** (2019, M) Kristin Scott Thomas, Sharon Horgan
6.48 **A Mouthful of Air** (2021, M) A children's author faces a battle of survival after the birth of her daughter unlocks an old trauma. Amanda Seyfried, Finn Wittrock
8.30 **Here Today** (2021, M) A veteran comedy writer with early dementia forms a bond with a singer. Billy Crystal, Tiffany Haddish
10.30 **The 355** (2022, M) Jessica Chastain, Penelope Cruz
12.35am Gully (2021, 18) **2.00** The Space Between (2021, M) **3.40** Let Them All Talk (2020, M) **5.30** Wrath of Man (2021, 16)

MOVIES CLASSICS SKY 034

6.30 **The Harder They Come** (1972, M) Jimmy Cliff
8.10 **Mean Streets** (1973, 18) Robert De Niro, Harvey Keitel
10.00 **It's a Mad, Mad, Mad, Mad World** (1963, G) Spencer Tracey, Milton Berle
12.35 **The Ruling Class** (1972, M) Peter O'Toole, Alastair Sim
3.10 **All the President's Men** (1976, 16) Dustin Hoffman, Robert Redford
5.25 **Sweet Smell of Success** (1957, PG) Tony Curtis, Burt Lancaster
7.00 **Paths of Glory** (1957, PG) An officer must defend a group of soldiers who refused to attack an enemy position. Kirk Douglas, Ralph Meeker
8.30 **The Last Picture Show** (1971, M) In 1951, a group of high schoolers come of age in a small North Texas town that is slowly dying. Jeff Bridges, Cybill Shepherd
10.35 **The Bodyguard** (1992, M) Kevin Costner, Whitney Houston
12.40am Comanche Station (1960, M) **1.55** Halloween II (1981, 18) **3.25** Rebel Without a Cause (1955, M) **5.15** The Fugitive (1993, M)

RIALTO SKY 039

6.00 **War of the Worlds** (M) s2ep7
6.50 **Apples** (2020, M) Aris Servetalis
8.20 **It Snows in Benidorm** (2020, 16) Timothy Spall
10.15 **My Childhood, My Country: 20 Years in Afghanistan** (2021, M) UK documentary.
11.50 **Stardust** (2020, M) Johnny Flynn, Jena Malone
1.40 **35 Days** (M) s5ep1&2
3.20 **Miss** (2020, M) Alexandre Wetter
5.10 **Miss Marx** (2020, M) Romola Garai, Patrick Kennedy, John Gordon Sinclair
6.55 **I Am Sam Kinison** (2017, 16) Canadian documentary.
8.30 **War of the Worlds** (M) The survivors prepare for a final attack on the aliens. s2ep8
9.25 **Blessed Child** (2019, M) US documentary in which film-maker Cara Jones looks back on her childhood in the Unification Church.
10.40 **Shiva Baby** (2020, M) Rachel Sennott
12.00am The North Water (16) s1ep2 **1.00** Miss (2020, M) **2.50** 35 Days (M) s5ep1&2 **4.30** Miss Marx (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s3ep2 **6.50** The Closer (M) s7ep17 **7.35** Major Crimes (M) s3ep1 **8.20** The Good Wife (M) s3ep19 **9.05** Covert Affairs (M) s5ep6 **9.50** Judge Judy (PG) **10.45** Ambulance (16) s8ep4 **11.55** Hospital (M) s1ep3 **1.05** Casualty 24/7 (M) s2ep8 **2.00** The Closer (M) s7ep17 **2.50** Major Crimes (M) s3ep1 **3.40** The Good Wife (M) s3ep19 **4.30** Judge Judy (PG) **5.30** Downton Abbey (M) s3ep2 **6.30** Covert Affairs (M) s5ep6 **7.30** The Equalizer (M) s1ep6 **8.30** Vera (M) A man's body has been dredged up from a slurry pit on a remote Northumberland farm. s5ep3 **10.15** The Good Wife (M) s3ep19 **11.15** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s1ep1 **10.15** Father Brown (PG) s7ep7 **11.05** Doc Martin (PG) s8ep1 **11.55** Midsomer Murders (M) s9ep6 **1.35** The Bill (M) **2.25** New Tricks (M) s12ep6 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s28ep9 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Heartbeat (M) Aidensfield is targeted by violent robbers. s18ep18 **9.30** The Mallorca Files (PG) A world-famous DJ dies after he plays a set at Mallorca's most popular nightclub. s1ep7 **10.25** Doc Martin (PG) s7ep1 **11.20** Midsomer Murders (M) s9ep6 **1.00am** Programmes continue

SoHo SKY 010

6.25 DMZ (16) s1ep4 **7.25** Condor (16) s2ep6 **8.15** Last Week Tonight with John Oliver (M) s9ep26 **8.50** Avenue 5 (M) s1ep6 **9.25** Insecure (16) s4ep5 **10.00** What We Do in the Shadows (16) s4ep10 **10.30** House of the Dragon (18) s1ep10 **11.35** The House That Dragons Built (18) s1ep10 **Noon** The Man Who Fell to Earth (16) s1ep4 **12.55** Avenue 5 (M) s1ep6 **1.25** Insecure (16) s4ep5 **2.00** What We Do in the Shadows (16) s4ep10 **2.30** American Gigolo (18) s1ep6 **3.25** Last Week Tonight with John Oliver (M) s9ep26 **4.00** DMZ (16) s1ep4 **5.00** Work in Progress (16) s1ep4 **5.30** Shameless (18) s10ep3 **6.30** Gangs of London (18) s2ep1 **7.30** Dublin Murders (16) s1ep8 **8.30** Yellowstone (16) Jamie realises that Garrett's past might affect his own future. s4ep9 **9.30** Industry (16) Harper, Yasmin, Robert and Gus's morals are put to the ultimate test as sacrifices are made at Pierpoint. s2ep8 **10.30** The New Pope (16) s1ep9 **11.35** Lovecraft Country (18) s1ep9 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Freaky Sweets (PG) **8.05** House Hunters (PG) **9.00** Home of the Year: Scotland (PG) **10.00** Find Your Dream Home (PG) **10.30** Find Me a Beach House (PG) **11.00** A Place in the Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Grand Designs New Zealand (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Martha Knows Best (PG) **4.45** Find Your Dream Home (PG) **5.10** Find Me a Beach House (PG) **5.40** Selling Houses Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun (PG) **8.30** Salvage Hunters (PG) **9.30** Selling Houses Australia **10.30** The Best House in Town (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Grave Mysteries (M) **7.45** I Went Undercover (M) **8.35** Deadline: Crime with Tamron Hall (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Heartbreakers (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** American Monster (M) **6.35** Evil Lives Here (M) **8.30** People Magazine Investigates (M) **9.30** The Hillside Strangler Marathon (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 ■ Fire on the Hill (2018, G) **8.00** Quatuor Ebene: Beethoven String Quartets **9.35** Rankin's 2020 **10.00** Playing Frisbee in North Korea **11.00** The Great Pottery Throw Down **Noon** Art and M.E. **1.00** ■ Blurred Lines: Inside the Art World (2017, G) **2.30** ■ Fire on the Hill (2018, G) **4.00** Home Is Where the Art Is **5.30** Poetry in America **6.00** The Big Book Club **7.00** Stars of the Silver Screen: Eli Wallach **7.45** Music on the Road **8.00** The Prince's Master Crafters: The Next Generation **9.00** Photos That Changed the World **9.45** ■ The Rise of Jordan Peterson (2019, G) **11.15** Seeds of Deceit **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (M) **7.45** Railroad Australia (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (M) **10.20** Dirty Jobs (M) **11.15** Gold Rush: Dave Turin's Lost Mine (M) **12.10** Man Caves (PG) **12.35** How Do They Do It? (PG) **1.05** Secrets of the Underground (PG) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Aussie Salvage Squad (PG) **6.35** Hoffman Family Gold (M) **7.30** Gold Rush: Freddy Dodge's Mine Rescue (M) **8.30** What on Earth? (PG) **10.30** How the Universe Works (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** Alaska: The Next Generation (PG) **8.30** Edge of the Unknown (PG) **9.00** Do or Die (PG) **9.30** Rescued (M) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Breakdown (PG) **2.30** Narco Wars: Queen Pins (M) **3.30** World's Greatest Train Journeys from Above (PG) **4.30** César Millan: Better Human, Better Dog (PG) **5.30** Science of Stupid Marathon (M) **7.00** Edge of the Unknown (PG) **7.30** World of Flavor with Big Moe Cason (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Queen Pins (M) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 The Six Queens of Henry VIII (M) **7.30** Ivan the Terrible: Might and Madness (PG) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Abandoned Engineering (PG) **11.30** The Secret Story of the Knights Templar (PG) **12.30** The Engineering That Built the World (PG) **1.20** History of Warfare (PG) **2.25** The War (M) **3.25** The War Files (PG) **4.30** The Machinery of War (PG) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering (PG) **7.30** Petra: Lost City of Stone (PG) **8.30** Myths: Greatest Mysteries of Humanity (PG) **9.30** Slavery Routes (PG) **10.30** Pol Pot (M) **11.30** WWII's Most Daring Raids (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 10 Puppies and Us (PG) **7.00** Life Below Zero (M) **7.50** Where the Wild Men Are UK (PG) **8.40** Wonders of the Solar System (PG) **9.40** Trust Me, I'm a Doctor (PG) **10.35** The Dog Rescuers (PG) **11.20** 24 Hours in A&E (PG) **12.10** Life (PG) **1.00** Wonders of the Solar System (PG) **2.05** 10 Puppies and Us (PG) **3.05** Simon Reeve's Sacred Rivers (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are UK (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Expedition with Steve Backshall (PG) **10.30** Life (PG) **11.25** Simon Reeve's Sacred Rivers (PG) **12.30am** Programmes continue

BBC Earth: Simon Reeve's Sacred Rivers, 11.25pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 The Crowd Goes Wild **7.00** Heartland Championship, Meads Cup final **9.00** Heartland Championship, Lochore Cup final **11.00** The Crowd Goes Wild **Noon** The Breakdown **1.00** Constellation Cup, Australia v Silver Ferns, game 4, replay **3.00** NPC, grand final, replay **5.30** Constellation Cup, Australia v Silver Ferns, game 4, replay **7.30** Gallagher Premiership, round 7 **8.30** Aotearoa Rugby Pod **9.30** The Back Page **10.30** NPC, grand final, replay **1.00am** Gallagher Premiership, round 7 **2.00** Heartland Championship, Meads Cup final **4.00** Aotearoa Rugby Pod **5.00** Heartland Championship, Lochore Cup final

Sky Sport 2 SKY 052

6.00 ATP 500, Swiss Indoors Basel, day 1, **live** **10.00** PSA Squash, US Open **11.00** Premier League, Wolverhampton v Leicester **1.00** Premier League, West Ham v Bournemouth **3.00** ATP 500, Swiss Indoors Basel, day 1, match of the day **4.30** ATP 500, Swiss Indoors Basel, day 1 **5.30** Premier League, Southampton v Arsenal, replay **7.30** ATP 500, Swiss Indoors Basel, day 1, match of the day **9.00** ATP 500, Swiss Indoors Basel, day 1 **10.00** ATP 500, Vienna Open, day 1 **11.00** Aotearoa Rugby Pod **12.00am** The Back Page **1.00** ATP 500, Swiss Indoors Basel, day 1 **2.00** ATP 500, Swiss Indoors Basel, day 2, **live**

Sky Sport 3 SKY 053

6.00 ICC Men's T20 World Cup, England v Afghanistan **6.30** ICC Men's T20 World Cup, A1 v B2 **7.00** ICC Men's T20 World Cup, India v Pakistan **7.30** ICC Men's T20 World Cup, Bangladesh v A2, replay **11.30** ICC Men's T20 World Cup, South Africa v B1, replay **3.30** ICC Men's T20 World Cup, England v Afghanistan **4.00** ICC Men's T20 World Cup, A1 v B2 **4.30** ICC Men's T20 World Cup, India v Pakistan **5.00** ICC Men's T20 World Cup, Bangladesh v A2 **5.30** ICC Men's T20 World Cup, Australia v Black Caps **6.00** ICC Men's T20 World Cup, England v Afghanistan **6.30** ICC Men's T20 World Cup, A1 v B2 **7.00** ICC Men's T20 World Cup, India v Pakistan **7.30** ICC Men's T20 World Cup, Bangladesh v A2 **8.00** ICC Men's T20 World Cup, South Africa v B1 **8.30** ICC Men's T20 World Cup, Australia v Black Caps **9.00** ICC Men's T20 World Cup, England v Afghanistan **9.30** ICC Men's T20 World Cup, A1 v B2 **10.00** ICC Men's T20 World Cup, India v Pakistan **10.30** ICC Men's T20 World Cup, Bangladesh v A2 **11.00** ICC Men's T20 World Cup, South Africa v B1 **11.30** ICC Men's T20 World Cup, Australia v A1, from Perth Stadium, **live** **3.45am** ICC Men's T20 World Cup, Bangladesh v A2 **4.30** ICC Men's T20 World Cup, South Africa v B1 **5.00** ICC Men's T20 World Cup, Australia v Black Caps **5.30** ICC Men's T20 World Cup, England v Afghanistan

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Unbeatable** (G, **HD**, **C**) Jason Manford hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale: 50 Unforgettable Years** (PG, **C**, **AD**)
1.30 **Hollyoaks** (PG, **C**, **AD**) Maxine is set up on a blind date with Eric, but Maxine becomes a target.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Heathrow: Britain's Busiest Airport** (G, R, **HD**, **C**, **AD**) UK series following some of the 77,000 workers at Heathrow Airport.
5.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Ant & Dec's Limitless Win** (G, **HD**, **C**, **AD**) Ant and Dec host a UK quiz show that gives contestants a chance to win limitless cash. Tonight, sisters Sarah and Amy return to take on the Limitless Ladder (includes Lotto at 8.20pm). s1ep3
8.35 **The Hotel Inspector** (PG, **HD**, **C**) UK series in which Alex Polizzi helps struggling hotels. Tonight, Alex visits the Pack O' Cards in Combe Martin on the North Devon Coast, which is owned and run by husband-and-wife team Chris and Debbie. s17ep4
9.30 **Coronation Street** (PG, **C**, **AD**)
10.30 **1 News** (**HD**, **C**)
11.05 **Shortland Street** (PG, R, **HD**, **C**, **AD**) Esther suffers emotional whiplash, Madonna's bubble is burst, and TK is dealt a home truth.
11.35 **Good Sam** (M, **HD**, **C**) Sam Griffith deals with the fallout following her actions at the hospital fundraising gala. s1ep7
12.30am **Under the Dome** (M, **HD**, **C**) s2ep12
1.15 **Te Karere** (R, **HD**)
1.40 **Infomercials**
5.30 – 6.00 **Te Karere** (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

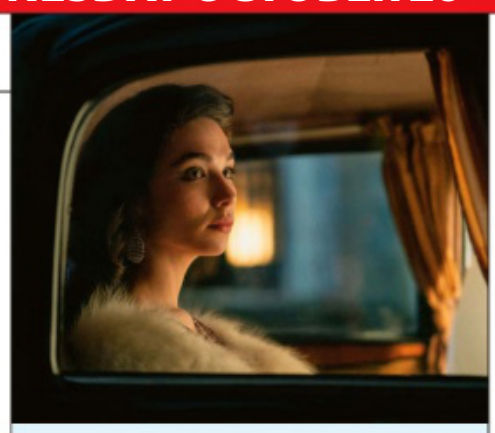
6.00 **Les Mills Born to Move** (G, R, **C**)
6.30 **Maia the Brave** (G, R, **HD**, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **HD**, **C**, **AD**)
6.50 **Darwin & Newts** (G, R, **HD**, **C**, **AD**)
7.05 **Powerpuff Girls** (G, R, **HD**, **C**)
7.25 **Wacky Races** (G, R, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **Gus – the Itsy Bitsy Knight** (G, **HD**, **C**) s1ep24
8.20 **Mighty Little Bheem** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, **C**)
10.00 **The Drew Barrymore Show** (PG, **C**)
10.30 **Home and Away** (PG, R, **HD**, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.35 ■ **Smash** (PG, **HD**, **C**) s1ep15
12.30 **Celebrity Treasure Island** (PG, R, **C**, **AD**)
1.30 **Rich House, Poor House** (G, R, **HD**, **C**, **AD**)
2.30 **The Drew Barrymore Show** (PG, **C**)
3.00 **Will & Grace** (G, R, **C**) s2ep16
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s33ep4
5.30 **Friends** (PG, R, **HD**, **C**) s2ep3
6.00 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s8ep9
6.30 **Home and Away** (PG, **HD**, **C**) Ziggy and Dean announce their big news, Lyrik's new song is a hit, and Heather holds Marilyn's friends hostage.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Esther suffers emotional whiplash, Madonna's bubble is burst, and TK is dealt a home truth.
7.30 **Celebrity Treasure Island** (PG, **C**, **AD**) True alliances are exposed and motives are revealed.
8.30 **Taskmaster** (M, **HD**, **C**, **AD**) Fern Brady complains about being forced to tidy up, and Dara Ó Briain shows off a fab flair for folding. s14ep4
9.30 **FBoy Island NZ** (16, **C**, **AD**) The women work more on sifting out the FBoys from the nice guys when they go on quadruple dates.
11.25 **Patriot Brains** (M, R, **HD**, **C**)
12.20am **Guilty Party** (16, **HD**, **C**) s1ep8
12.50 **Rutherford Falls** (PG, **HD**, **C**) s1ep8
1.20 **Emmerdale: 50 Unforgettable Years** (PG, R, **C**, **AD**)
2.10 **Infomercials**
3.05 **Grey's Anatomy** (PG, R, **HD**, **C**) s17ep13
3.50 **Heroes** (M, R, **HD**, **C**) s4ep6
4.35 **Hollyoaks** (PG, R, **HD**, **C**, **AD**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon ■ **Running Away** (2017, M, R, **C**) Holly Deveaux, Paula Trickey, Madison Lee Brown.
2.00 **Breaking Amish** (M, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Nadia's Farm** (G, **C**) It's lambing time at Royalburn, Nadia goes wild cooking up foraged treasures, and she and Carlos are offered a once-in-a-lifetime opportunity.
8.30 **David Lomas Investigates** (PG, R, **C**) Wellington chef Richard Halgreen heads to Africa to find the parents he was removed from by Zimbabwean social workers when he was a toddler.
9.30 **Sort Your Life Out UK** (PG, **C**) Stacey Solomon and the team help craft-loving Sue and retired electrician Wayne part with 30 years of possessions.
10.45 **Newshub Late**
11.15 **Ghosts of Shepherdstown** (PG, **C**)
12.15am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
8.35 **Butterbean's Cafe** (G, R, **C**)
9.00 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (PG, R, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
4.55 **The Hui** (G, **C**)
5.30 **Prime News**
6.00 **Sky Speed** (G)
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG)
7.30 **Traffic Cops** (PG, **C**)
8.30 **Air Rescue** (M, R, **C**) The chopper is called to help climbers in trouble.
9.00 **Ambulance** (16, **C**)
10.15 **Stacey Dooley Investigates** (M, **C**)
11.30 **The Late Show with Stephen Colbert** (PG)
12.30am – 6.00 **Infomercials**



Film: ROBBING MUSSOLINI

Netflix's global ambitions expanded a little more in May with the opening of an office in Rome, where a slate of new content was revealed. It included this comedy-caper heist film, which made its debut at the Rome Film Festival this month. From the trailer at least it looks an absolute gas with a Tarantino-esque *Inglourious Basterds* energy crossed with *Life Is Beautiful*. It claims to be based on a "trueish story": at the end of WWII, a ("ragtag", naturally) group of resistance fighters team up to steal Mussolini's treasure from Milan's fascist headquarters. For location nerds, it was shot in Trieste.
NETFLIX

Documentary: OPEN SECRETS

A six-episode series that delves into nastly little secrets that various societies around the world quietly ignore. Episodes include "South Korea's Untouchable Families", "Japan's Hostage Problem" and "The Tragedy that Exposed Corruption in Lebanon".
NEON

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Karena and Kasey's Kitchen Diplomacy** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Piri's Tiki Tour** (PG, R)
11.30 **Hoiho Riding on** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Up 2** (G, R)
1.00 **Arctic Secrets** (G, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
5.00 **Te Wānanga o Aotearoa Sprints** (R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Mātaatua** (G, R) Mātaatua, from Tauranga.
6.30 **Te Ao Mārama**
7.00 **Amplify** (G) Documentary series featuring Indigenous musicians. Tonight, Métis/Cree songwriter Cheryl L'Hirondelle.
7.30 **5 Minutes of Fame** (PG) Amateur singers go head-to-head for a shot at fame.
8.30 **Troll Hunter** (2010, PG) Three students investigate mysterious bear killings, but discover there is more going on. Otto Jespersen, Robert Stoltenberg, Hans Morten Hansen. **TV Films, page 69**
10.20 **Sidewalk Karaoke** (PG, R)
10.50 – 11.20 **Te Ao Mārama** (R)

Film: 'TIL KINGDOM COME

Strange bedfellows indeed: Maya Zinshtein's exploration of evangelical Christian support for Israel is fraught with contradiction. It does explain President Trump's anti-Palestinian policies, such as moving the American embassy to Jerusalem.
RIALTO, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love it or List it** (G, R)
10.50 **Hoarders** (PG, R)
11.40 **Snapped** (M, R)
12.35 **The DNA of Murder with Paul Holes** (M, R)
1.35 **Below Deck** (M, R)
2.30 **Love it or List it** (G, R)
3.30 **Top Chef** (G)
4.40 **Shark Tank** (PG, R)
5.35 **A Place in the Sun: Winter Sun** (G)
6.30 **Hoarders** (PG, R)
7.30 **The Dog Rescuers** (PG)
8.30 **24 Hours in Emergency** (M) The stories of three patients filmed over 24 hours.
9.30 **911 Crisis Center** (M) Abby navigates being a new mum and a new supervisor, and her skills are tested when a welfare check spirals into a pursuit.
10.00 **Snapped** (M)
11.00 **The DNA of Murder with Paul Holes** (M, R)
11.50 **The Circus** (PG, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G)
7.45 **Trisha's Southern Kitchen** (G)
8.10 **Islands to Highlands** (G, R)
9.00 **Castle Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Lost and Found** (PG, R)
1.00 **Undercover Billionaire** (PG, R)
2.00 **Shipping Wars** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **Restaurant: Impossible** (G)
4.00 **Rachel Khoo's Chocolat!** (G)
5.00 **Mysteries at the Castle** (PG)
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Aus** (PG)
8.00 **Newshub Live**
8.30 **The Misadventures of Romesh Ranganathan** (M)
9.45 **Aussie Salvage Squad** (PG)
10.45 **Shipping Wars** (PG, R)
11.10 **Border Security Aus** (PG, R)
11.45 **Flea Market Flip** (G)
12.15am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Treehouse Masters** (PG, R)
7.40 **Fast N' Loud** (PG, R)
8.30 **100 Days Wild** (PG, R)
9.20 **Edge of Alaska** (M, R)
10.10 **Deadliest Catch** (M, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Fast N' Loud** (PG, R)
12.40 **Beasts of the Bayou** (PG, R)
1.30 **Expedition Unknown** (PG, R)
2.20 **NASA's Unexplained Files** (PG, R)
3.10 **Treehouse Masters** (PG, R)
4.00 **100 Days Wild** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.35 **Fast N' Loud** (PG)
7.30 **Building Off the Grid: Underground Living** (G)
8.25 **Building Alaska** (G)
9.20 **Homestead Rescue** (PG)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Treehouse Masters** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
9.30 **DUKEbox Music**
10.25 **The Highland Vet** (PG, R, **HD**, **C**, **AD**)
11.20 **Heavy Rescue 401** (G, R, **HD**)
12.10 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep13
12.35 **Everybody Hates Chris** (PG, R, **HD**, **C**)
1.00 **River Monsters** (PG, R, **HD**, **C**)
2.05 **Star Trek Discovery** (PG, R, **HD**, **C**) s4ep11
3.10 **Hunting Aotearoa** (PG, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.40 **ABC World News** (PG)
5.05 **Taste of Australia** (G, **HD**, **C**)
5.35 **Abandoned Engineering** (G, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep14
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s22ep17
8.30 **Police: Hour of Duty** (16, **HD**) s2ep11
9.30 **Disasters Engineered** (PG, **HD**, **C**) s2ep10
10.30 **The Buildings That Fought Hitler** (PG, R, **HD**, **C**)
11.25 **Grimm** (16, **HD**) s2ep10
1.05am – 1.25 ABC World News (PG, R)

SKY PREMIERE SKY 030

7.30 **The Courier** (2020, M) Benedict Cumberbatch, Rachel Brosnahan
9.20 **Old** (2021, M) Gael Garcia Bernal, Vicky Krieps
11.10 **The Conjuring 3: The Devil Made Me Do It** (2021, 16) Patrick Wilson, Vera Farmiga
1.00 **South of Heaven** (2021, 16) Jason Sudeikis, Evangeline Lilly
3.00 **Death of a Telemarketer** (2021, M) Lamorne Morris, Jackie Earle Haley
4.30 **French Exit** (2021) (2021, M) Michelle Pfeiffer, Lucas Hedges
6.20 **Red Rocket** (2021, 16) A washed-up porn star returns to his small Texas home town. Simon Rex, Suzanna Son
8.30 **Jackass Forever** (2022, 16) The Jackass crew return for a final round of hijinks. Johnny Knoxville, Chris Pontius, Dave England, Wee Man
10.10 **12 Mighty Orphans** (2021, M) Luke Wilson, Martin Sheen
12.05am Georgetown (2021, 16) **1.45** Land (2021, M) **3.15** The Unholy (2021, M) **4.55** Blackbird (2019, M)

MOVIES CLASSICS SKY 034

7.25 **Basic Instinct** (1992, 18) Michael Douglas, Sharon Stone
9.30 **Castle Keep** (1969, M) Burt Lancaster, Patrick O'Neal
11.15 **Philadelphia** (1993, PG) Tom Hanks, Denzel Washington
1.20 **The King of Comedy** (1983, PG) Robert De Niro, Jerry Lewis
3.05 **Made in America** (1993, PG) Whoopi Goldberg, Ted Danson
4.55 **Bullitt** (1968, M) Steve McQueen, Robert Vaughn
6.45 **Ishtar** (1987, PG) Two down-on-their-luck lounge singers find themselves in the middle of a political uprising in a small Middle Eastern country. Dustin Hoffman, Warren Beatty
8.30 **Sahara** (1943, PG) During the Allied retreat in the Libyan desert, an American tank picks up a motley group of survivors. Humphrey Bogart, Bruce Bennett
10.10 **Malcolm X** (1992, M) Denzel Washington, Angela Bassett
1.30am T-Men (1947, PG) **3.00** Gilda (1946, PG) **4.50** Decision at Sundown (1957, M)

RIALTO SKY 039

6.15 **Shiva Baby** (2020, M) Rachel Sennott
7.35 **I Am Sam Kinison** (2017, 16) Canadian documentary.
9.10 **War of the Worlds** (M) s2ep8
10.05 **Blessed Child** (2019, M) US documentary.
11.20 **The North Water** (16) Jack O'Connell, Colin Farrell. s1ep2
12.20 **Shiva Baby** (2020, M) Rachel Sennott
1.40 **35 Days** (M) s5ep3&4
3.20 **Radiance** (2017, M) Ayame Misaki, Masatoshi Nagase
5.00 **Max Richter's Sleep** (2019, PG) UK documentary.
6.40 **The Song of Names** (2019, M) Tim Roth
8.30 **'Til Kingdom Come** (2020, PG) UK documentary about the connection between evangelical Christianity and the Jewish State.
9.45 **Thou Shalt Not Hate** (2020, M) Alessandro Gassmann
11.25 **The Earth Is Blue as an Orange** (2020, M) Ukrainian/Lithuanian documentary.
12.45am The North Water (16) s1ep3 **1.45** 35 Days (M) s5ep3&4 **3.25** 'Til Kingdom Come (2020, PG) **4.40** Radiance (2017, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s3ep3 **6.50** The Closer (M) s7ep18 **7.35** Major Crimes (M) s3ep2 **8.20** The Good Wife (M) s3ep20 **9.05** Covert Affairs (M) s5ep7 **9.50** Judge Judy (PG) **10.40** Vera (M) s5ep3 **12.25** The Equalizer (M) s1ep6 **1.25** The Closer (M) s7ep18 **2.20** Major Crimes (M) s3ep2 **3.15** The Good Wife (M) s3ep20 **4.10** Judge Judy (PG) **5.10** Downton Abbey (M) s3ep3 **6.15** Covert Affairs (M) s5ep7 **7.15** Young James Herriot (PG) When a farm is threatened by a deadly disease, James must put aside his prejudices to reunite the family who own it. s1ep2 **8.30** The Cleaning Lady (M) Garrett makes a risky demand of Thony, pushing her deeper into moral ambiguity. s1ep4 **9.30** Garrow's Law (M) Garrow prosecutes a slave ship captain who ordered 133 men to be thrown overboard. **10.45** The Good Wife (M) s3ep20 **11.45** Judge Judy (PG) **12.15am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (PG) s1ep2 **10.15** Father Brown (PG) s7ep8 **11.05** Doc Martin (PG) s8ep2 **11.55** Midsomer Murders (M) s9ep7 **1.35** The Bill (M) **2.25** New Tricks (M) s12ep7 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s28ep10 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Dragons' Den (PG) A Scottish entrepreneur presents a pint-sized gadget that he hopes will be big business. s19ep1 **9.40** Holby City (M) Cameron tries to prove himself to Kian, but they clash over Kian's teaching methods. s21ep27 **10.45** s1ep3 **11.35** Midsomer Murders (M) s9ep7 **1.15am** Programmes continue

SoHo SKY 010

6.35 Strike Back (18) s7ep7 **7.25** Gangs of London (18) s2ep1 **8.25** Dublin Murders (16) s1ep8 **9.25** Yellowstone (16) s4ep9 **10.20** Industry (16) s2ep8 **11.20** The New Pope (16) s1ep9 **12.25** Lovecraft Country (18) s1ep9 **1.20** Strike Back (18) s7ep7 **2.10** Gangs of London (18) s2ep1 **3.10** Yellowstone (16) s4ep9 **4.05** Industry (16) s2ep8 **5.05** Work in Progress (16) s1ep5 **5.35** Shameless (18) s10ep4 **6.30** House of the Dragon (18) s1ep10 **7.35** Euphoria: F**k Anyone Who's Not a Sea Blob (18) Over the Christmas holiday, Jules reflects on the year. **8.30** American Gigolo (18) s1ep7 **9.30** ■ Katrina Babies (2022, M) Sixteen years after Hurricane Katrina, Edward Buckles Jr shines a light on the storm's lifelong impact on the children whose lives were defined by the tragedy. **11.00** Real Time with Bill Maher (M) s20ep31 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Martha Knows Best (PG) **8.05** House Hunters (PG) **9.00** Selling Houses Australia **10.00** Salvage Hunters (PG) **11.00** A Place in the Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** The Best House in Town (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Farmhouse Rules (PG) **4.45** Salvage Hunters (PG) **5.40** Selling Houses Australia (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun (PG) **8.30** Love Your Garden (PG) **9.30** Gardening Australia (PG) **10.30** Back in Time for Dinner (PG) **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** I Went Undercover (M) **7.45** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Scorned: Love Kills (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** People Magazine Investigates (M) **6.35** Reasonable Doubt (M) **7.30** Deadly Secrets (M) **8.30** I Went Undercover (M) **9.30** Deadline: Crime with Tamron Hall (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.15 Seeds of Deceit **8.00** Home Is Where the Art Is **9.30** Poetry in America **10.00** The Big Book Club **11.00** Stars of the Silver Screen **11.45** Music on the Road **Noon** The Prince's Master Crafters: The Next Generation **1.00** Photos That Changed the World **1.45** ■ The Rise of Jordan Peterson (2019, G) **3.15** Salzburg Festival 2020: András Schiff Performs Schubert Janacek **5.05** Kevin John Edusei Conducts Mendelssohn & Schumann **6.25** Mozart Week 2021: Mozartiade **8.00** Concerto Koln: Bach in Italy **9.30** Beethoven: The Five Cello Sonatas **11.35** Salzburg Festival 2020: András Schiff Performs Schubert Janacek **1.25am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (M) **7.45** Railroad Alaska (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** What on Earth? (PG) **12.10** Man Caves (PG) **12.35** How It's Made (PG) **1.05** Secrets of the Underground (PG) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Aussie Salvage Squad (PG) **6.35** Deadliest Catch (M) **8.30** Dirty Jobs (M) **9.30** Moonshiners (M) **10.30** Impossible Repairs (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Science of Stupid (M) **7.00** Edge of the Unknown (PG) **7.30** World of Flavor with Big Moe Cason (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Queen Pins (M) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Breakdown (PG) **2.30** Wicked Tuna (PG) **3.30** Aussie Snake Wranglers (PG) **4.00** Outback Wrangler (PG) **4.30** Lost Treasures of Rome (PG) **5.30** Roman Homicide (PG) **6.30** World of Flavor with Big Moe Cason (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** World's Greatest Train Journeys from Above (PG) **9.30** Ultimate Space Telescope (PG) **10.30** Decades Remixed: The 80s Greatest (PG) **11.00** Edge of the Unknown (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Slavery Routes (PG) **7.30** Pol Pot (M) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Abandoned Engineering (PG) **11.25** Petra: Lost City of Stone (PG) **12.25** Myths: Greatest Mysteries of Humanity (PG) **1.25** History of Warfare (PG) **2.25** The War (M) **3.25** The War Files (PG) **4.30** The Machinery of War (PG) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering (PG) **7.30** The Unxplained (PG) **8.30** Abandoned Engineering (PG) **9.30** Ancient Superstructures (PG) **10.30** WWI: The Final Hours (M) **11.30** Capitulation (16) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 10 Puppies and Us (PG) **7.00** Life Below Zero (PG) **7.45** Where the Wild Men Are UK (PG) **8.35** Wonders of the Solar System (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.30** The Dog Rescuers with Alan Davies (PG) **11.20** 24 Hours in A&E (PG) **12.10** Life (PG) **1.00** Wonders of the Solar System (PG) **2.05** 10 Puppies and Us (PG) **3.05** Simon Reeve's Sacred Rivers (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are UK (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Walking the Himalayas (PG) **9.25** Walking the Himalayas (M) **10.20** Life (PG) **11.15** Simon Reeve's Sacred Rivers (PG) **12.20am** Programmes continue

Vibe: Young James Herriot, 7.15pm

SKY SPORT

Sky Sport 1 SKY 051

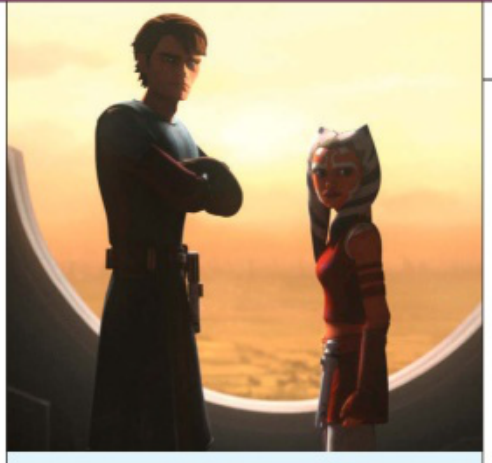
7.00 NBL, Cairns Taipans v NZ Breakers, replay **9.00** Constellation Cup, Australia v Silver Ferns, game 4 **9.30** Rugby Nation **10.00** Heartland Championship, Meads Cup final **10.15** Heartland Championship, Lochore Cup final **10.30** National Provincial Championship, grand final, replay **1.00** Heartland Championship, Meads Cup final, replay **3.00** Gallagher Premiership, London Irish v Gloucester, replay from Brentford Community Stadium **5.00** Gallagher Premiership, Exeter Chiefs v Saracens, replay from Sandy Park, Exeter **7.00** National Provincial Championship, grand final **7.15** Aotearoa Rugby Pod **8.15** ICC Men's T20 World Cup, Black Caps v Australia **8.45** ICC Men's T20 World Cup, Black Caps v Afghanistan, from the MCG, Melbourne, **live** **1.00am** Heartland Championship, Lochore Cup final, replay **3.00** Aotearoa Rugby Pod **4.00** Gallagher Premiership, round 7 highlights **5.00** NBL, Cairns Taipans v NZ Breakers, replay from Cairns Convention Centre

Sky Sport 2 SKY 052

6.00 ATP 500, Swiss Indoors Basel, day 2, from St Jakobshalle, Basel, Switzerland, **live** **10.00** Sailing to the Games **10.30** Constellation Cup, Australia v Silver Ferns, game 4 **11.00** The Crowd Goes Wild **Noon** Gallagher Premiership, round 7 highlights **1.00** Aotearoa Rugby Pod **2.00** The Back Page **3.00** ATP 500, Swiss Indoors Basel, day 2, match of the day **4.30** ATP 500, Swiss Indoors Basel, day 2, highlights **5.30** NBL Slam **6.00** The Back Page **7.00** ATP Uncovered **7.30** Pacific Brothers & Sisters **8.00** Premier League Match of the Week **10.00** Kiwi Football Fix **11.00** Aotearoa Rugby Pod **12.00am** Gallagher Premiership, round 7 highlights **1.00** ATP 500, Swiss Indoors Basel, day 2, highlights **2.00** ATP 500, Swiss Indoors Basel, day 3, from St Jakobshalle, Basel, Switzerland, **live**

Sky Sport 3 SKY 053

6.00 ICC Men's T20 World Cup, A1 v B2 **6.30** ICC Men's T20 World Cup, India v Pakistan **7.00** ICC Men's T20 World Cup, Bangladesh v A2 **7.30** ICC Men's T20 World Cup, South Africa v B1, replay from Bellerive Oval, Hobart **11.30** ICC Men's T20 World Cup, Australia v A1, replay from Perth Stadium **3.30** ICC Men's T20 World Cup, South Africa v B1 **4.00** ICC Men's T20 World Cup, Australia v A1 **4.30** ICC Men's T20 World Cup, England v B2, from the MCG, Melbourne, **live** **8.45** ICC Men's T20 World Cup, Black Caps v Afghanistan, from the MCG, Melbourne, **live** **1.00am** ICC Men's T20 World Cup, India v Pakistan **1.30** ICC Men's T20 World Cup, Bangladesh v A2 **2.00** ICC Men's T20 World Cup, South Africa v B1 **2.30** ICC Men's T20 World Cup, Australia v A1, replay from Perth Stadium



Animation:

TALES OF THE JEDI

The Star Wars universe grows ever-so slightly bigger with another animated series. Dave Filoni, who helped develop *The Mandalorian* and created *Star Wars: The Bad Batch*, backgrounds two Jedi from way back in what's known as the "prequel trilogy era" – that is, before George Lucas' trilogy *Phantom Menace*, *Attack of the Clones* and *Revenge of the Sith*. Filoni says the series explores "two paths and two choices" and follows fan favourite Ahsoka Tano and Count Dooku. Liam Neeson is returning to voice Qui-Gon Jinn and his son, Micheál Richardson, will voice the young Qui-Gon. Ashley Eckstein is Ahsoka.
DISNEY+

Documentary: THE ART OF ARCHITECTURE

The British series has studied some of the world's most extraordinary buildings and restorations and in season three structures include Norman Foster's Narbo Via Museum in France; The Shed in New York City, designed by Liz Diller; and Daniel Libeskind's Holocaust Monument of Names in Amsterdam.
SKY ARTS, 8.30pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Unbeatable** (G, **HD**, **C**)
10.00 **Tipping Point** (G, R, **HD**, **C**)
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Attitude** (G, R, **HD**, **C**, **AD**) Tiffiney Perry continued participating in sport and achieving success after a spinal cord injury in her twenties and now she and her husband support others.
1.30 **Hollyoaks** (PG, **C**, **AD**) After being the victim of vandalism, Maxine points the blame, but is shocked when her suspected culprit has an alibi.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Heathrow: Britain's Busiest Airport** (G, R, **HD**, **C**, **AD**) UK series following some of the 77,000 workers at Heathrow Airport.
5.00 **The Chase** (G, R, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 ■ **Cooks on Fire** (PG, **HD**, **C**, **AD**) Local barbecue cooking competition series in which seven teams of two are judged by Ganesh Raj, Nici Wickes and Jared Macdonald. Tonight, the teams make signature barbecues and are challenged with a mystery ingredient. s1ep1
8.30 **Mrs Brown's Boys Halloween Special: Mammy's Boo Who** (M, **HD**, **C**, **AD**) It's Halloween in Finglas and Agnes is ready for any trick-or-treaters, but instead receives a surprising visitor from her past.
9.10 **Hard Quiz** (PG, **HD**, **C**) Tom Gleeson hosts an Australian quiz show. Tonight's topics are Bill Clinton, Neptune, Taylor Swift, and kids' TV series Press Gang.
9.45 **Coronation Street** (PG, **C**, **AD**)
10.45 **1 News** (**HD**, **C**)
11.15 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.45 **For Life** (PG, **HD**, **C**) s2ep4
12.40am **20/20** (R, **C**)
1.30 **Te Karere** (R, **HD**)
2.00 **Infomercials**
5.30 – 6.00 **Te Karere** (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Maia the Brave** (G, R, **HD**, **C**, **AD**)
6.40 **Takaro Tribe** (G, R, **HD**, **C**, **AD**)
6.55 **Darwin & Newts** (G, R, **HD**, **C**, **AD**)
7.05 **Powerpuff Girls** (G, R, **HD**, **C**)
7.30 **Wacky Races** (G, R, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.15 **Gus – the Itsy Bitsy Knight** (G, **HD**, **C**) s1ep25
8.25 **Mighty Little Bheem** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.05 **Infomercials**
9.30 **Les Mills Adult Classes** (G, **C**)
10.05 **The Drew Barrymore Show** (PG, **C**)
10.30 **Home and Away** (PG, R, **HD**, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.35 ■ **Girlfriends' Guide to Divorce** (M, **HD**, **C**) s1ep1
12.30 **Celebrity Treasure Island** (PG, R, **C**, **AD**)
1.30 **Rich House, Poor House** (G, R, **HD**, **C**, **AD**)
2.30 **The Drew Barrymore Show** (PG, **C**)
3.00 **Will & Grace** (PG, R, **C**) s2ep17
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s33ep5
5.30 **Friends** (G, R, **HD**, **C**) s2ep4
6.00 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s8ep10
6.30 **Home and Away** (PG, **C**) Rose and Cash pursue a suspected murderer.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Harper warns of a deadly outcome, TK runs out of time, and Madonna throws money at the problem.
7.30 **Ten 7: Aotearoa** (PG, **C**) Local series about crime.
8.00 **Motorway Patrol** (PG, **HD**, **C**, **AD**) When the motorway gets backed up, one driver offroads it.
8.30 **Embarrassing Bodies** (M, **HD**, **C**) Dr Tosin treats a breast cancer survivor with misshapen implants. s8ep5
9.35 ■ **The Bridge Australia** (16, **C**, **AD**) Competition series in which 12 strangers must build a 330m bridge to an island in 17 days.
11.05 **Ten 7: Aotearoa** (PG, R, **C**)
11.35 **CSI: Crime Scene Investigation** (M, **HD**, **C**) s7ep3
1.20am **Killer Couples** (M, **HD**, **C**) s10ep1
2.05 **Emmerdale** (PG, R, **C**, **AD**)
2.30 **Infomercials**
3.25 **Grey's Anatomy** (PG, R, **C**) s17ep14
4.10 **Heroes** (M, R, **C**) s4ep7
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon ■ **Eyewitness** (2016, M, R, **C**) Lindy Booth, Craig Olejnik, Jon McLaren.
1.55 **Breaking Amish** (M, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Love It or List It Australia** (G, **C**) A recently-married couple own one of the smallest houses in Sydney's trendy eastern suburbs and they have hopes of starting a family.
8.30 **The Graham Norton Show** (M, **C**) With Colin Farrell, Brendan Gleeson, Kate Hudson, Elizabeth Banks and Edward Enninful, with music from Self Esteem.
9.30 **Comedians Giving Lectures** (16, **C**) Sara Pascoe presents a UK series in which comedians deliver "lectures". Tonight, Desiree Burch, Lee Ridley and Chris Ramsey. s1ep5
10.10 **Newshub Late**
10.40 **NCIS: Los Angeles** (M, R, **C**)
11.35 **Breaking Amish** (M, R, **C**)
12.30am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
8.35 **Butterbean's Cafe** (G, R, **C**)
9.00 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (G, R, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show** (PG, R)
3.00 **Wheel of Fortune** (G)
3.25 **Jeopardy** (G)
3.50 **A-League Men Highlights** (G)
5.00 **Rural Delivery** (G, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG)
7.30 **Michael Palin: Travels of a Lifetime** (PG, R, **C**)
8.30 **A Question of Justice** (16, **C**) Should our system should have degrees of murder?
9.30 **Louis Theroux: Life on the Edge** (18, R, **C**)
10.35 **The Crowd Goes Wild** (PG)
11.05 **UFC on Sky 36** (M)
11.35 **The Late Show with Stephen Colbert** (PG)
12.30am – 6.00 **Infomercials**

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

Film: I AM RICHARD PRYOR

A conventional biography of the American comedian, who started out like Bill Cosby, but soon became more radical, especially with his use of the n-word. He was the first black host of *Saturday Night Live* and the first black actor to earn $1m for a movie role.
RIALTO, 8.30pm

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Off the Grid** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **5 Minutes of Fame** (PG)
Noon **Te Ao Tapatahi**
12.30 ■ **Troll Hunter** (2010, PG, R) Otto Jespersen.
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
5.00 **Te Wānanga o Aotearoa Sprints** (R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Mātaatua** (G, R)
6.30 **Te Ao Mārama**
7.00 **Fresh** (G) Pasifika show for young people.
7.30 **Nanakia 2.0** (PG) The Nanakia waka heads to Rotorua.
8.00 **Only in Aotearoa** (PG, R) Comedy sketch show.
8.30 **Rage Against the Rangatahi** (PG) Mindfulness and mental wellbeing.
9.00 **Black Comedy** (M) Australian comedy sketch show featuring a cast of Indigenous perfomers.
9.30 **Redfern Now** (M, R) Drama series about six families living in Sydney.
10.30 **Colonial Combat** (M, R) .
10.45 **The Adventures of Suzy Boon** (PG, R)
11.00 – 11.30 **Te Ao Mārama** (R)

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love it or List it** (G, R)
10.50 **Hoarders** (PG, R)
11.40 **Snapped** (M, R)
12.35 **The DNA of Murder with Paul Holes** (M, R)
1.35 **Below Deck** (M, R)
2.30 **Love it or List it** (G, R)
3.30 **Top Chef** (G)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Winter Sun** (G)
6.30 **Hoarders** (PG, R)
7.30 **Rich Listers NZ** (PG) Dave shoots one of his famous open home videos at a mock castle in Auckland.
8.30 **Below Deck Mediterranean** (M) The guests attempt paddleboard yoga, and Storm makes a decision.
9.30 **A&E After Dark** (M) Security is called to an incident in the minors waiting room.
10.30 **Snapped** (M)
11.30 **The DNA of Murder with Paul Holes** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Infomercials**
6.30 **Restaurant: Impossible** (G, R)
7.20 **The Pioneer Woman** (G)
7.45 **Trisha's Southern Kitchen** (G)
8.10 **Rachel Khoo** (G, R)
9.00 **Castle Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
10.55 **Salvage Dawgs** (G)
11.20 **Flea Market Flip** (G, R)
11.50 **Aussie Salvage Squad** (PG, R)
12.50 **Romesh Ranganathan** (M, R)
2.05 **Shipping Wars** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **Restaurant: Impossible** (G)
3.55 **Bizzare Foods: Delicious Destinations** (G)
4.25 **Rick Stein's Cornwall** (G)
5.00 **Mysteries at the Castle** (PG)
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Aus** (PG)
8.00 **Newshub Live**
8.30 **Ridley** (M)
9.35 **Motorway Cops** (PG)
10.30 **Shipping Wars** (PG, R)
11.00 **Border Security Aus** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Treehouse Masters** (PG, R)
7.40 **Fast N' Loud** (PG, R)
8.30 **Building Off the Grid: Underground Living** (G, R)
9.20 **Building Alaska** (G, R)
10.10 **Homestead Rescue** (PG, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Fast N' Loud** (PG, R)
12.40 **Treasure Quest** (PG, R)
1.30 **Bering Sea Gold** (M, R)
2.20 **Gem Hunt** (PG, R)
3.10 **Treehouse Masters** (PG, R)
4.00 **Building Off the Grid** (G, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Treehouse Masters** (PG)
6.35 **Fast N' Loud** (PG)
7.30 **Inside West Coast Customs** (PG)
8.25 **Kindig Customs** (PG)
9.20 **Street Outlaws: No Prep Kings** (M)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Treehouse Masters** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
9.30 **DUKEbox Music**
10.30 **The Highland Vet** (PG, R, **HD**, **C**, **AD**) s1ep2
11.20 **Heavy Rescue 401** (G, R, **HD**)
12.15 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep14
12.40 **Everybody Hates Chris** (PG, R, **HD**, **C**)
1.00 **River Monsters** (M, R, **HD**, **C**)
2.05 **Star Trek Discovery** (PG, R, **HD**, **C**) s4ep12
3.10 **Hunting Aotearoa** (PG, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.40 **ABC World News** (PG)
5.05 **Taste of Australia** (G, **HD**, **C**)
5.35 **Abandoned Engineering** (PG, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s7ep15
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**)
8.30 **Outback Car Hunters** (G, **HD**, **C**) s1ep9
9.30 ■ **Secrets of the Supercars** (G, **HD**, **C**) s1ep10
10.25 **NZ Hunter Adventures** (PG, R, **HD**, **C**) s8ep9
11.35 ■ **The Russell Howard Hour** (M, R, **HD**)
12.35am – 1.00 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.35 **Out of Death** (2021, 16) Bruce Willis, Jaime King
8.10 **Belfast** (2021, M) Jamie Dornan, Caitriona Balfe
9.50 **The Fallout** (2021, 16) Jenna Ortega, Maddie Ziegler
11.25 **The Space Between** (2021, M) Kelsey Grammar, Jackson White
1.05 **Cry Macho** (2021, M) Clint Eastwood, Eduardo Minett
2.50 **Charm City Kings** (2020, 16) Jahi Di'Allo Winston
4.50 **Snake Eyes: G.I. Joe Origins** (2021, M) Henry Golding
6.50 **Antlers** (2021, 16) A small-town teacher and her sheriff brother try to help a troubled boy. Keri Russell, Jesse Plemons
8.30 **King Richard** (2021, M) Based on the story of Richard Williams and his plan to turn his daughters, Venus and Serena, into professional tennis players. Will Smith, Aunjanue Ellis
10.55 **Fortress** (2022, 16) Bruce Willis, Chad Michael Murray
12.35am Dream Horse (2021, PG) **2.30** Together Together (2021, M) **4.05** The Nest (2020, 16) **5.50** Antlers (2021, 16)

MOVIES CLASSICS SKY 034

6.05 **The Defiant Ones** (1958, PG) Sidney Poitier, Tony Curtis
7.40 **Five Easy Pieces** (1970, 16) Jack Nicholson, Karen Black
9.20 **The Sailor Who Fell from Grace with the Sea** (1976, 18) Kris Kristofferson
11.05 **Major Dundee** (1965, PG) Charlton Heston
1.05 **The Tall T** (1957, G) Randolph Scott, Richard Boone
2.25 **The Bodyguard** (1992, M) Kevin Costner, Whitney Houston
4.30 **Waterloo** (1970) (1970, G) Rod Steiger, Christopher Plummer
6.40 **Mean Streets** (1973, 18) Robert De Niro, Harvey Keitel
8.30 **The Night of the Hunter** (1955, PG) A preacher chases two children who have their dead father's stolen fortune hidden in a doll. Robert Mitchum, Shelley Winters
10.05 **The Exorcist: The Version You've Never Seen** (1973, 16) Linda Blair, Ellen Burstyn
12.15am Jubal (1956, PG) **1.55** Robinson Crusoe (1954, G) **3.25** Mean Streets (1973, 18) **5.15** Wyatt Earp (1994, M)

RIALTO SKY 039

6.20 **Max Richter's Sleep** (2019, PG) UK documentary.
8.00 **The Song of Names** (2019, M) Tim Roth
9.50 **The Earth Is Blue as an Orange** (2020, M) Ukrainian/Lithuanian documentary.
11.10 **Thou Shalt Not Hate** (2020, M) Alessandro Gassmann
12.50 **'Til Kingdom Come** (2020, PG) UK documentary.
2.05 **35 Days** (M) s5ep5&6
3.45 **Return of the Hero** (2018, M) Jean Dujardin
5.15 **Burning Man: Art on Fire** (2020, M) UK documentary.
6.55 **From the Vine** (2019, M) Joe Pantoliano, Wendy Crewson, Paula Brancati
8.30 **Rialto Documentary: I Am Richard Pryor** (2019, 16) Canadian documentary about the legendary comedian and satirist.
10.00 **Dinner in America** (2020, 16) Kyle Gallner
11.45 **Happy Happy Joy Joy: The Ren and Stimpy Story** (2020, 16) US documentary.
1.30am The North Water (16) s1ep4 **2.25** Return of the Hero (2018, M) **3.55** 35 Days (M) s5ep5&6 **5.35** Burning Man: Art on Fire (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s3ep4 **6.50** The Closer (M) s7ep19 **7.35** Major Crimes (M) s3ep3 **8.20** The Good Wife (M) s3ep21 **9.05** Covert Affairs (M) s5ep8 **9.50** Judge Judy (PG) **10.40** The Cleaning Lady (M) s1ep4 **11.40** Garrow's Law (M) **12.55** Young James Herriot (PG) s1ep2 **2.10** The Closer (M) s7ep19 **3.00** Major Crimes (M) s3ep3 **3.50** The Good Wife (M) s3ep21 **4.40** Judge Judy (PG) **5.30** Downton Abbey (M) s3ep4 **6.30** Covert Affairs (M) s5ep8 **7.30** Murdoch Mysteries (M) To solve an inmate's murder, Murdoch has Ogden go undercover at a women's reformatory. s15ep7 **8.30** Gentleman Jack (M) With the backing of an elite York lawyer, Anne and Ann press on with the proposed division of the Walker land. s2ep7 **9.40** Big Little Lies (16) Jane learns that she's known in town as one of the "Monterey Five". s2ep1 **10.40** The Good Wife (M) s3ep21 **11.35** Judge Judy (PG) **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s1ep3 **10.15** Father Brown (PG) s7ep9 **11.05** Doc Martin (PG) s8ep3 **11.55** Midsomer Murders (M) s9ep8 **1.35** The Bill (M) **2.25** New Tricks (M) s12ep8 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.15** The Graham Norton Show (PG) s28ep11 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** The Graham Norton Show (M) s29ep15 **9.30** The Jonathan Ross Show (M) s16ep1 **10.20** The Mallorca Files (PG) s1ep7 **11.15** Midsomer Murders (M) s9ep8 **12.55am** Programmes continue

SoHo SKY 010

6.25 What We Do in the Shadows (16) s4ep10 **6.55** Betty (16) s1ep4 **7.25** House of the Dragon (18) s1ep10 **8.30** Euphoria: F**k Anyone Who's Not a Sea Blob (18) **9.20** American Gigolo (18) s1ep7 **10.15** ■ Katrina Babies (2022, M) **11.50** Betty (16) s1ep4 **12.20** Real Time with Bill Maher (M) s20ep31 **1.20** House of the Dragon (18) s1ep10 **2.25** The House That Dragons Built (18) s1ep10 **2.50** Euphoria: F**k Anyone Who's Not a Sea Blob (18) **3.40** American Gigolo (18) s1ep7 **4.35** What We Do in the Shadows (16) s4ep10 **5.05** Work in Progress (16) s1ep6 **5.35** Shameless (18) s10ep5 **6.30** Industry (16) s2ep8 **7.30** Run (16) s1ep2 **8.00** Atlanta (16) s4ep6 **8.30** Flatbush Misdemeanors (16) Kevin must confront Drew for the first time since returning to Flatbush. s2ep6 **9.00** Shining Vale (M) On the verge of losing everything, Pat makes a deal that may damn her forever. s1ep6 **9.30** The Vow (18) Documentary series about the cult known as NXIVM. s2ep2 **10.30** A Million Little Things (M) s4ep9 **11.30** Gangs of London (18) s2ep1 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Farmhouse Rules (PG) **8.05** House Hunters (PG) **9.00** Gardening Australia (PG) **10.00** Love Your Garden (PG) **11.00** A Place in the Sun (PG) **11.55** Love It or List It Australia **12.50** Back in Time for Dinner (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Girl Meets Farm (PG) **4.45** Love Your Garden (PG) **5.40** Selling Houses Australia (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun (PG) **8.30** Halloween Wars (PG) **9.30** The House That Dripped Chocolate (PG) **10.30** Location Location Location Australia **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** The Hillside Strangler Marathon (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Scorned: Love Kills (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Your Worst Nightmare (M) **5.40** I Went Undercover (M) **6.35** Evil Lives Here (M) **7.30** Deadly Secrets (M) **8.30** Body Cam (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.50 Salzburg Festival 2020: András Schiff Performs Schubert Janacek **9.40** Kevin John Edusei Conducts Mendelssohn & Schumann **11.00** Mozart Week 2021: Mozartiade **12.30** Concerto Koln: Bach in Italy **2.00** Beethoven: The Five Cello Sonatas **4.05** Great Film Composers **5.40** In the Making **6.05** Off Camera **8.00** Classical Destinations with Simon Callow **8.30** The Art of Architecture **9.30** The Art of the Garden **10.30** Grayson's Art Club **11.30** In the Making **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Railroad Alaska (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Deadliest Catch (M) **11.15** Great Southern Truckers (PG) **12.10** Man Caves (PG) **12.35** How It's Made (PG) **1.05** Secrets of the Underground (PG) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Aussie Salvage Squad (PG) **6.35** Gold Rush: Freddy Dodge's Mine Rescue (M) **8.30** Hoffman Family Gold (M) **9.30** Gold Rush: Dave Turin's Lost Mine (M) **10.30** Homestead Rescue: Raney Ranch (PG) **11.25** Naked and Afraid XL (M) **1.05am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** World of Flavor with Big Moe Cason (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** World's Greatest Train Journeys from Above (PG) **9.30** Ultimate Space Telescope (PG) **10.30** Decades Remixed: The 80s Greatest (PG) **11.00** Edge of the Unknown (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Breakdown (PG) **2.30** César Millan: Better Human, Better Dog (PG) **3.30** Only in Oz (PG) **4.30** Food Factory (PG) **5.30** Edge of the Unknown (PG) **6.00** Aussie Snake Wranglers (PG) **6.30** World's Greatest Train Journeys from Above (PG) **7.30** Drain the Bermuda Triangle (PG) **8.30** Sex in the Stone Age (M) **9.30** History: The Interesting Bits (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Ancient Superstructures (PG) **7.30** WWI: The Final Hours (M) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Abandoned Engineering (PG) **11.30** The Unxplained (PG) **12.30** Abandoned Engineering (PG) **1.30** History of Warfare (M) **2.35** The War (M) **3.35** The War Files (PG) **4.35** The Story of the Krait (PG) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering (PG) **8.30** The Black Files: Declassified (PG) **9.30** Ancient Aliens (PG) **10.30** The Secret of Skinwalker Ranch (PG) **11.30** Hitler's Most Wanted (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 12 Puppies and Us (PG) **7.00** Life Below Zero (M) **7.45** Where the Wild Men Are UK (PG) **8.35** Wonders of the Solar System (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.30** The Dog Rescuers with Alan Davies (PG) **11.20** 24 Hours in A&E (PG) **12.10** Life (PG) **1.00** Wonders of the Solar System (PG) **2.05** 12 Puppies and Us (PG) **3.05** Simon Reeve's Sacred Rivers (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are UK (M) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Walking the Himalayas (M) **9.25** Walking the Himalayas (PG) **11.15** Simon Reeve's Sacred Rivers (PG) **12.20am** Programmes continue

SoHo: Run, 7.30pm

SKY SPORT

Sky Sport 1 SKY 051

7.00 Gallagher Premiership, round 7 highlights **8.00** Gallagher Premiership, Leicester Tigers v Wasps, replay from Welford Road Stadium, Leicester **10.00** Aotearoa Rugby Pod **11.00** Heartland Championship, Meads Cup final, replay **1.00** NBL, Cairns Taipans v NZ Breakers, replay from Cairns Convention Centre **3.00** Gallagher Premiership, round 7 highlights **4.00** National Provincial Championship, grand final, replay **6.30** UFC on Sky **7.00** Mainfreight Rugby **8.00** Inside Netball **8.30** The Crowd Goes Wild, **live** **9.00** Kiwi Football Fix **10.00** NBL, Cairns Taipans v NZ Breakers, replay from Cairns Convention Centre **12.00am** Mainfreight Rugby **1.00** Heartland Championship, Lochore Cup final, replay **3.00** The Back Page **4.00** Premier League, West Ham v Bournemouth, replay from London Stadium

Sky Sport 2 SKY 052

6.00 ATP 500, Swiss Indoors Basel, day 3, from St Jakobshalle, Basel, Switzerland, **live** **10.00** Kiwi Football Fix **11.00** The Back Page **Noon** National Provincial Championship, grand final, replay **2.30** Constellation Cup, Australia v Silver Ferns, game 4, highlights from Gold Coast Convention Centre, Queensland **3.00** ATP 500, Swiss Indoors Basel, day 3, match of the day from St Jakobshalle, Basel, Switzerland **4.30** ATP 500, Swiss Indoors Basel, day 3, highlights **5.30** ATP Uncovered **6.00** Pacific Brothers & Sisters **6.30** NBL Overtime **7.00** Gallagher Premiership, round 7 highlights **8.00** Spirit of Sport **8.30** Hockey One, round 5 **11.30** Inside Netball **12.00am** Constellation Cup, Australia v Silver Ferns, game 4, highlights from Gold Coast Convention Centre, Queensland **12.30** ATP Uncovered **1.00** ATP 500, Swiss Indoors Basel, day 3, highlights **2.00** ATP 500, Swiss Indoors Basel, day 4, from St Jakobshalle, Basel, Switzerland, **live**

Sky Sport 3 SKY 053

6.30 ICC Men's T20 World Cup, England v B2, replay from the MCG, Melbourne **10.30** ICC Men's T20 World Cup, Black Caps v Afghanistan, replay from the MCG, Melbourne **2.30** ICC Men's T20 World Cup, England v B2, highlights from the MCG, Melbourne **3.00** ICC Men's T20 World Cup, Black Caps v Afghanistan, highlights from the MCG, Melbourne **3.30** ICC Men's T20 World Cup, South Africa v Bangladesh, from the SCG, Sydney, **live** **7.45** ICC Men's T20 World Cup, India v A2, from the SCG, Sydney, **live** **11.45** ICC Men's T20 World Cup, Pakistan v B1, from Perth Stadium, **live** **4.00am** ICC Men's T20 World Cup, Bangladesh v A2 **4.30** ICC Men's T20 World Cup, South Africa v B1 **5.00** ICC Men's T20 World Cup, Australia v A1 **5.30** ICC Men's T20 World Cup, England v B2, highlights from the MCG, Melbourne

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Unbeatable** (G, **HD**, **C**) Jason Manford hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Dog Squad Puppy School** (G, R, **HD**, **C**, **AD**) Local series following puppies as they train to become service dogs.
1.30 **Hollyoaks** (PG, **C**, **AD**) Maxine wakes up with an offensive slur written on her forehead, and Imran is forced to plead his case when he loses focus at work.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Heathrow: Britain's Busiest Airport** (G, R, **HD**, **C**, **AD**) UK series following some of the 77,000 workers at Heathrow.
5.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **The Repair Shop** (G, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
8.30 ■ **Good with Wood** (G, **HD**, **C**, **AD**) Mel Giedroyc hosts a UK woodworking competition. Tonight, 10 new woodworkers enter the woodland workshop, where their first task is to make a dining table inspired by a country of their choice. s2ep1
9.30 ■ **Hotel People** (M, **HD**, **C**, **AD**) It's boiling point for one Belfast team, with a drag show, a beauty pageant, an awards gala and a boxing match to host, and VIP guest Liam Neeson seeks comfort food. s1ep6
10.45 **1 News** (**HD**, **C**)
11.15 **Shortland Street** (PG, R, **C**, **AD**)
11.45 ■ **The Great British Sewing Bee** (G, R, **HD**, **C**, **AD**) s6ep10
1.00am **Schitt's Creek** (PG, R, **HD**, **C**, **AD**) s6ep3
1.45 **Te Karere** (R, **HD**)
2.10 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

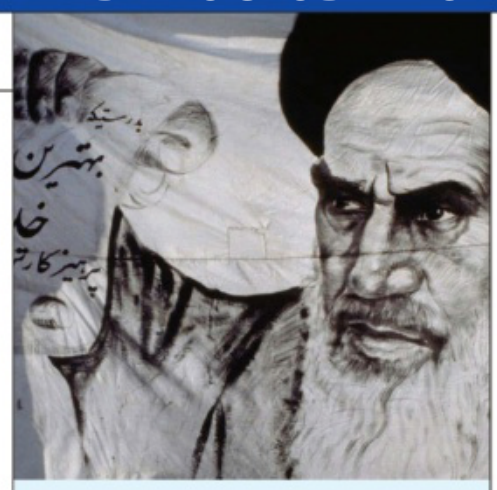
6.00 ■ **Les Mills Born to Move** (G, **C**)
6.30 ■ **Maia the Brave** (G, R, **HD**, **C**, **AD**)
6.40 ■ **Takaro Tribe** (G, R, **HD**, **C**, **AD**)
6.50 ■ **Darwin & Newts** (G, R, **HD**, **C**, **AD**)
7.05 **Powerpuff Girls** (G, R, **HD**, **C**)
7.25 **Wacky Races** (G, R, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **Gus – the Itsy Bitsy Knight** (G, **HD**, **C**) s1ep26
8.20 ■ **Mighty Little Bheem** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.00 **Infomercials**
9.30 **Les Mills Adult Classes** (G, **C**)
10.05 **The Drew Barrymore Show** (PG, **C**)
10.30 **Home and Away** (PG, R, **C**)
11.00 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.35 **Girlfriends' Guide to Divorce** (M, **HD**, **C**) s1ep2
12.30 **First Dates** (M, **HD**, **C**)
1.30 **Rich House, Poor House** (PG, R, **HD**, **C**, **AD**)
2.30 **The Drew Barrymore Show** (PG, **C**)
3.00 **Will & Grace** (PG, R, **C**) s2ep18
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s33ep8
5.30 **Friends** (G, R, **HD**, **C**) s2ep5
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s8ep11
6.30 **Home and Away** (PG, **HD**, **C**) Marilyn faces the real Heather, and Dean has doubts about witnessing birth.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Esther is pulled in two directions, TK is confronted by his past, and Jack is shocked by Dawn's admission.
7.30 **The Voice Australia** (G, **HD**, **C**) Sonia Kruger presents a singing competition, with coaches Keith Urban, Rita Ora, Guy Sebastian and Jessica Mauboy. Tonight, the coaches have a passionate pitch-off after a jaw-dropping performance.
9.10 **Would I Lie to You? Australia** (M, **HD**, **C**) Chrissie Swan presents a comedy panel show, with team captains Chris Taylor and Frank Woodley. s1ep2
10.15 **Dinner Date** (G, **HD**, **C**, **AD**) UK dating show.
11.15 **Ready to Mingle** (16, **HD**, **C**) s1ep13
12.15am **Angelyne** (16, **HD**, **C**) s1ep3
1.00 **Evil** (16, **C**) s2ep11
1.50 **Emmerdale** (PG, R, **C**, **AD**)
2.15 **Infomercials**
3.15 **Why Women Kill** (16, R, **HD**, **C**) s1ep4
4.50 **Hollyoaks** (PG, R, **HD**, **C**, **AD**)
5.35 – 6.00 **Call Me Kat** (PG, R, **C**, **AD**) s1ep6

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon ■ **Inconceivable** (2017, M, R, **C**) A couple's live-in nanny becomes dangerously obsessed with their child. Nicolas Cage, Gina Gershon, Nicki Whelan.
2.00 **Breaking Amish** (M, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 ■ **Escape Room** (2019, M, R, **C**) Six strangers compete to win $10,000 in a game, but what starts out as innocent fun quickly turns into a nightmare. Taylor Russell, Logan Miller, Deborah Ann Woll. **TV Films, page 69**
9.35 **Police After Dark** (16, **C**) UK series following police officers working at night. Tonight, weekend drinkers spill out onto the streets as police in Gloucester battle to keep control of the intoxicated public.
10.30 **Newshub Late**
11.00 **L.A.'s Finest** (M, R, **C**) Syd and McKenna track a serial killer who lures his victims to isolated areas before killing them live on social media.
12.00am – 6.00 **Infomercials**

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
8.35 **Butterbean's Cafe** (G, R, **C**)
9.00 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (PG, R, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
5.00 **Attitude** (PG, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pacific Brothers & Sisters** (G, **C**) With Oscar Kightley.
7.30 **Border Security** (PG, R, **C**)
8.00 **Hardcore Pawn: Chicago** (PG, **C**)
8.30 **Pawn Stars** (PG)
9.30 **NBL Live** Adelaide 36ers v NZ Breakers, live.
11.30 **RAW** (PG)
12.30am **The Late Show** (PG)
1.25 ■ **How to Make It in America** (M, **C**)
2.00 – 6.00 **Infomercials**



Documentary: HOSTAGES

A comprehensive four-part documentary that goes back to the 1979 Iran hostage crisis, when Iranian student radicals stormed the US embassy in Tehran and took those inside hostage. They had planned a 48-hour sit-in, but the protest became an international crisis that lasted for 444 days, with massive political consequences for President Jimmy Carter and Iran's ruler Ayatollah Khomeini. The series explores the background to the action and features archival footage and interviews with American hostages and Iranian hostage-takers.
NEON

Drama: HIGH SCHOOL

For something completely different, actor and director Clea DuVall has adapted the memoir by music duo Tegan and Sara for this coming-of-age series about twins trying to find their feet at a new high school. It's set in the grunge 90s, so lots of cool songs along with the queer teen angst.
PRIME VIDEO

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

8.00 The New Zealand Wars Marathon (G, R) James Belich presents a documentary series about the history of Māori and Pākehā armed conflict.
Noon Te Ao Tapatahi Neil Waka presents a news bulletin.
12.30 The New Zealand Wars (PG, R)
1.30 The Price of Peace (2015, PG, R) Documentary about Tūhoe artist and activist Tame Iti.
3.00 Ake, Ake, Ake Marathon (PG, R) Documentary series about the the evolution of the Save Our Unique Land campaign and the occupation of Ihumātao.
6.00 NZ Wars: The Stories of Ruapekapeka (PG, R) Mihingarangi Forbes hosts a documentary about Northland's most infamous armed conflict.
6.30 Te Ao Mārama
7.00 NZ Wars: The Stories of Tainui (PG, R) Mihingarangi Forbes hosts a documentary about the invasion of Waikato.
8.00 Kairākau II Marathon (M, R) Drama series set in pre-colonial Aotearoa following three prominent chiefs and their iwi.
11.00 – 11.30 Te Ao Mārama (R)

Commemoration: NGĀ PAKANGA O AOTEAROA

October 28 is Te Pūtake o te Riri, He Rā Maumahara, a day commemorating the New Zealand Wars, and Whakaata Māori has a full day of programming, including James Belich's landmark 1998 series and Mihingarangi Forbes' *NZ Wars*.
WHAKAATA MĀORI

BRAVO FREEVIEW 4 SKY 012

6.00 Infomercials
10.00 Love it or List it (G, R)
10.50 Hoarders (PG, R)
11.40 Snapped (M, R)
12.35 The DNA of Murder with Paul Holes (M, R)
1.35 Below Deck (M, R)
2.30 Love it or List it (G, R)
3.30 Top Chef (G)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Hoarders (PG, R)
7.30 Clubhouse Rescue (PG) Israel Dagg and Stephen Donald present a clubhouse makevoer series. Tonight, a Northland golf club needs an update.
8.30 Back to the Future Part II (1989, PG, R, **C**) Marty and Doc travel to 2015 to stop Marty's son sabotaging the family's future. Michael J Fox.
10.45 Snapped (M)
11.45 The DNA of Murder with Paul Holes (M, R)
12.35am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 Infomercials
6.30 Restaurant: Impossible (G, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Bizzare Foods: Delicious Destinations (G, R)
8.35 Rick Stein's Cornwall (G, R)
9.10 Castle Mysteries (PG, R)
10.05 American Pickers (PG, R)
11.05 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Bite Club (M, R)
1.00 Ridley (M, R)
2.05 Shipping Wars (PG, R)
2.30 Border Security Aus (PG, R)
3.00 Restaurant: Impossible (G)
4.00 Jamie & Jimmy's Food Fight Club (PG, R)
5.00 Mysteries at the Castle (PG)
6.00 American Pickers (PG)
7.00 The Chase USA (PG)
8.00 Newshub Live
8.30 All Together Now UK (G) UK singing competition.
9.45 The Great Giveback with Melissa McCarthy (G)
10.45 The Chase USA (PG, R)
11.45 – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Fast N' Loud (PG, R)
8.30 Inside West Coast Customs (PG, R)
9.20 Kindig Customs (PG, R)
10.10 Street Outlaws (M, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Fast N' Loud (PG, R)
12.40 Desert Car Kings (PG, R)
1.30 Highway to Sell (PG, R)
2.20 Rusted Development (PG, R)
3.10 Treehouse Masters (PG, R)
4.00 Inside West Coast Customs (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Fast N' Loud (PG)
7.30 Beasts of the Bayou (PG)
8.25 Expedition Unknown (PG)
9.20 NASA's Unexplained Files (PG)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 On Duke Today
9.30 DUKEbox Music
10.20 The Highland Vet (PG, R, **HD**, **C**, **AD**) s1ep3
11.15 Heavy Rescue 401 (G, R, **HD**)
12.05 Two and a Half Men (PG, R, **HD**, **C**) s7ep15
12.30 Everybody Hates Chris (PG, R, **HD**, **C**)
12.55 River Monsters (M, R, **HD**, **C**)
2.00 Star Trek Discovery (PG, R, **HD**, **C**) s4ep13
3.10 Hunting Aotearoa (PG, R, **HD**)
3.40 The Chase Aus (G, **HD**, **C**)
4.40 ABC World News (PG)
5.10 Taste of Australia (G, **HD**, **C**)
5.40 Abandoned Engineering (G, R, **HD**, **C**)
6.35 Two and a Half Men (PG, R, **HD**, **C**) s7ep16
7.00 Everybody Hates Chris (PG, R, **HD**, **C**)
7.30 The Simpsons (PG, R, **HD**, **C**)
8.30 Family Guy (PG, R, **HD**, **C**, **AD**)
9.25 Unfinished Business (2015, 16, R, **HD**, **C**, **AD**) A routine business trip goes off the rails. Vince Vaughn.
11.10 Friday Night Lights (PG, **HD**, **C**) s1ep12
12.50am – 1.10 ABC World News (PG, R)

SKY PREMIERE SKY 030

7.30 Alone (2020, 16) Jules Willcox, Marc Menchaca
9.05 The Little Things (2021, M) Denzel Washington
11.10 Resident Evil: Welcome to Raccoon City (2021, 16) Kaya Scodelario, Robbie Amell
12.55 Let Them All Talk (2020, M) Meryl Streep, Candice Bergen
2.45 Venom: Let There Be Carnage (2021, M) Tom Hardy, Woody Harrelson
4.20 The Card Counter (2021, 16) Oscar Isaac, Tye Sheridan
6.10 In the Heights (2021, PG) A bodega owner saves every penny from his daily grind as he sings about a better life. Anthony Ramos, Melissa Barrera
8.30 Shadow in the Cloud (2021, 16) A WWII pilot travelling with a top secret suitcase encounters an evil presence on board the flight. Chloe Grace Moretz, Nick Robinson
9.55 Moonfall (2022, M) Halle Berry, Patrick Wilson
12.05am Four Good Days (2019, M) **1.45** Blood Moon (2020, 16) **3.05** Pooka Lives! (2019, 16) **4.25** Scream (2022, 16)

MOVIES CLASSICS SKY 034

8.20 The Blue Lagoon (1980, M) Brooke Shields, Christopher Atkins
10.05 The Night of the Generals (1967, PG) Omar Sharif, Peter O'Toole
12.30 Cape Fear (1991, 16) Robert De Niro, Nick Nolte
2.35 Pale Rider (1985, PG) Clint Eastwood, Michael Moriarty
4.30 Forever Young (1992, PG) Mel Gibson, Jamie Lee Curtis.
6.10 The Pelican Brief (1993, PG) A law student stumbles upon a major government conspiracy. Julia Roberts, Denzel Washington
8.30 Cat Ballou (1965, PG) A young woman seeking revenge for her murdered father enlists the help of a sharpshooting gunslinger. Jane Fonda, Lee Marvin, Tom Nardini
10.05 Tootsie (1982, PG) An unemployed actor disguises himself as a woman to get a part on a TV soap. Dustin Hoffman, Jessica Lange
12.00am The Human Factor (1979, M) **1.55** The Pelican Brief (1993, PG) **4.15** Comanche Station (1960, M) **5.30** Batman & Robin (1997, PG)

RIALTO SKY 039

7.15 From the Vine (2019, M) Joe Pantoliano
8.50 The North Water (16) s1ep4
9.45 Dinner in America (2020, 16) Kyle Gallner
11.30 Happy Happy Joy Joy: The Ren and Stimpy Story (2020, 16) US documentary.
1.15 The Eight Hundred (2020, 16) Zhi-Zhong Huang
3.40 Poly Styrene: I Am a Cliche (2021, M) UK documentary.
5.20 Freshman Year (2020, M) Cooper Raiff, Dylan Gelula
7.00 I Am Richard Pryor (2019, 16) Canadian documentary.
8.30 See No Evil, Hear No Evil (1989, M) A blind man and a deaf man witness a murder and both are accused. Richard Pryor, Gene Wilder
10.10 Gold (2022, M) Two drifters discover the largest gold nugget ever found. Zac Efron, Anthony Hayes
11.45 Last Man Standing: Suge Knight and the Murders of Biggie & Tupac (2021, 18) UK documentary.
1.30am The North Water (16) s1ep5 **2.30** Poly Styrene: I Am a Cliche (2021, M) **4.10** The Eight Hundred (2020, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s3ep5 **6.50** The Closer (M) s7ep20 **7.35** Major Crimes (M) s3ep4 **8.20** The Good Wife (M) s3ep22 **9.05** Covert Affairs (M) s5ep9 **9.50** Judge Judy (PG) **10.40** Murdoch Mysteries (M) s15ep7 **11.35** Gentleman Jack (M) s2ep7 **12.45** Big Little Lies (16) s2ep1 **1.40** The Closer (M) s7ep20 **2.35** Major Crimes (M) s3ep4 **3.30** The Good Wife (M) s3ep22 **4.25** Judge Judy (PG) **5.25** Downton Abbey (M) s3ep5 **6.30** Covert Affairs (M) s5ep9 **7.30** Jamestown (16) s3ep5 **8.30** Medici: The Magnificent (16) On the eve of a peace conference, Riario's men draw Lorenzo into a savage game by seizing Ferrara. s2ep4 **9.40** Outlander (18) In their efforts to sour the financing of Prince Charles's rebellion, Claire and Jamie throw an elaborate dinner party intended to derail investors. s2ep3&4 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (M) s2ep1 **10.15** Father Brown (PG) s7ep10 **11.05** Doc Martin (PG) s8ep4 **11.55** Midsomer Murders (M) s10ep1 **1.35** The Bill (M) **2.25** New Tricks (M) s12ep9 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (PG) s28ep12 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** Keeping Up Appearances (PG) s1ep4 **7.25** QI (PG) With Cal Wilson, Rob Brydon and Phill Jupitus. **8.00** Would I Lie to You? (PG) With Greg Rutherford, Kirsty Young, Joanna Scanlan and Henning Wehn. **8.35** 8 Out of 10 Cats Does Countdown (PG) **10.30** Mrs Brown's Boys (M) s5ep1 **11.15** Midsomer Murders (M) s10ep1 **12.55am** Programmes continue

SoHo SKY 010

6.05 Gangs of London (18) s2ep1 **7.05** The Way Down (16) s1ep1 **7.50** Industry (16) s2ep8 **8.50** Flatbush Misdemeanors (16) s2ep6 **9.20** Shining Vale (M) s1ep6 **9.50** The Vow (18) s2ep2 **10.50** A Million Little Things (M) s4ep9 **11.35** Gangs of London (18) s2ep1 **12.35** Industry (16) s2ep8 **1.35** Run (16) s1ep2 **2.05** Atlanta (16) s4ep6 **2.35** Flatbush Misdemeanors (16) s2ep6 **3.05** Shining Vale (M) s1ep6 **3.35** The Vow (18) s2ep2 **4.35** Work in Progress (16) s1ep7&8 **5.35** Shameless (18) s10ep6 **6.30** Yellowstone (16) s4ep9 **7.30** The Vow (18) Early defector Barbara Bouchey shares her insights into NXIVM. s1ep6 **8.30** A Discovery of Witches (M) The family try to work out where Matthew is being held. s3ep7 **9.30** Impeachment: American Crime Story (16) The President must admit the truth to the Nation and the First Lady. s3ep8 **10.30** Avenue 5 (M) s1ep6 **11.00** Last Week Tonight with John Oliver (M) s9ep26 **11.35** American Gigolo (18) s1ep7 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** The House That Dripped Chocolate (PG) **10.00** Halloween Wars (PG) **11.00** A Place in the Sun (PG) **11.55** Love It or List It Australia **12.50** Location Location Location Australia **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Cake Boss (PG) **4.40** Halloween Wars (PG) **5.40** Selling Houses Australia (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun (PG) **8.30** Paramedics on Scene (PG) **9.30** Long Lost Family US (PG) **10.30** Grand Designs Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Your Worst Nightmare (M) **6.55** Still a Mystery (M) **7.45** Reasonable Doubt (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Your Worst Nightmare (M) **1.05** Dates from Hell (M) **2.00** Scorned: Love Kills (M) **2.55** Deadly Devotion (M) **3.50** Blood Relatives (M) **4.45** Your Worst Nightmare (M) **5.40** Body Cam (M) **7.30** Deadly Secrets (M) **8.30** Reasonable Doubt (M) **9.30** Homicide City (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Grayson's Art Club **7.30** In the Making **8.00** Great Film Composers **9.35** In the Making **10.00** Off Camera **Noon** Classical Destinations with Simon Callow **12.30** The Art of Architecture **1.30** The Art of the Garden **2.30** Grayson's Art Club **3.30** In the Making **4.00** Free Color **5.05** Van Gogh: The Choice to Paint **6.00** Hannibal Hopkins & Sir Anthony **7.00** Put Some Colour in Your Life **8.00** Wonderland **9.00** Master Class **9.30** Steve Schapiro: An Eye on American Icons **10.30** Portrait Artist of the Year **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Railroad Alaska (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Hoffman Family Gold (M) **11.15** Gold Rush: Freddy Dodge's Mine Rescue (M) **12.10** Man Caves (PG) **12.35** Pool Kings (PG) **1.05** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Gold Rush: Parker's Trail (PG) **5.40** Aussie Salvage Squad (PG) **6.35** Great Southern Truckers (PG) **7.30** Hoffman Family Gold (M) **8.30** Gold Rush: Freddy Dodge's Mine Rescue (M) **9.30** Dirty Jobs (M) **10.30** What on Earth? (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** World's Greatest Train Journeys from Above (PG) **7.30** Drain the Bermuda Triangle (PG) **8.30** Sex in the Stone Age (M) **9.30** History: The Interesting Bits (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Breakdown (PG) **2.30** Ocean Wreck Investigation (PG) **3.30** Gordon Ramsay: Uncharted (PG) **5.30** Sex in the Stone Age (M) **6.30** History: The Interesting Bits (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Outback Wrangler (PG) **8.30** Inside the Mega Twister (PG) **9.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Ancient Aliens (PG) **7.30** The Secret of Skinwalker Ranch (PG) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Abandoned Engineering (PG) **12.25** The Black Files: Declassified (PG) **1.25** History of Warfare (PG) **2.25** The War (M) **3.25** The War Files (PG) **4.30** Dutch Courage: The Forgotten Squadron (PG) **5.30** Myth Hunters (PG) **6.30** Abandoned Engineering (PG) **7.30** Countdown to 1989: The Berlin Wall (PG) **8.30** Ten Mistakes (PG) The Deepwater Horizon oil spill. **9.30** History's Greatest Mysteries (PG) **10.30** The Unxplained (PG) **11.30** Unsolved Mysteries of WWII (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 12 Puppies and Us (PG) **7.00** Life Below Zero (M) **7.45** Where the Wild Men Are UK (M) **8.35** Wonders of the Solar System (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.30** The Dog Rescuers with Alan Davies (PG) **11.20** 24 Hours in A&E (PG) **12.10** Attenborough's Natural Curiosities (PG) **1.00** Wonders of the Solar System (PG) **2.05** 12 Puppies and Us (PG) **3.05** Ireland with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are UK (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Steve Backshall's Extreme River Challenge (M) **10.30** Life (PG) **11.25** Ireland with Simon Reeve (PG) **12.30am** Programmes continue

SoHo: The Vow, 7.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 European Darts Championship, evening session, from Westfalenhallen, Dortmund, Germany, **live** **10.00** Gallagher Premiership Round Highlights **11.00** Constellation Cup, Australia v Silver Ferns, game 4, replay from Gold Coast Convention Centre, Queensland **1.00** Gallagher Premiership, round 7 highlights **2.00** Rugby Heaven **3.00** Heartland Championship, Meads Cup final, replay **5.00** Heartland Championship, Lochore Cup final, replay **7.00** Rugby Heaven **8.00** Mainfreight Rugby **9.00** Fox Sports News Evening, **live** **10.00** Pacific Brothers & Sisters **10.30** AFL Women's, **live** **12.30am** Gallagher Premiership, round 7 highlights **1.30** Gallagher Premiership, Leicester Tigers v Wasps, replay from Welford Road Stadium, Leicester **3.30** Gallagher Premiership, Exeter Chiefs v Saracens, replay from Sandy Park, Exeter **5.30** The Crowd Goes Wild

Sky Sport 2 SKY 052

6.00 ATP 500, Swiss Indoors Basel, day 4, from St Jakobshalle, Basel, Switzerland, **live** **10.00** Spirit of Sport **10.30** Sky Speed **11.00** Kiwi Football Fix **Noon** UFC on Sky **12.30** The Crowd Goes Wild **1.00** National Provincial Championship, grand final, replay **3.30** UFC on Sky **4.00** European Darts Championship, evening session, replay **7.30** Inside Netball **8.00** ATP 500, Swiss Indoors Basel, day 4, highlights **9.00** UFC on Sky **9.30** NBL, Adelaide 36ers v NZ Breakers, from Adelaide Entertainment Centre, **live** **11.30** Rugby Heaven **12.30am** Pacific Brothers & Sisters **1.00** ATP 500, Swiss Indoors Basel, day 4, highlights **2.00** ATP 500, Swiss Indoors Basel, day 5, from St Jakobshalle, Basel, Switzerland, **live**

Sky Sport 3 SKY 053

6.00 ICC Men's T20 World Cup, Black Caps v Afghanistan **6.30** ICC Men's T20 World Cup, South Africa v Bangladesh **7.00** ICC Men's T20 World Cup, India v A2, replay from the SCG, Sydney **11.00** ICC Men's T20 World Cup, Pakistan v B1, replay from Perth Stadium **3.00** ICC Men's T20 World Cup, South Africa v Bangladesh **3.30** ICC Men's T20 World Cup, India v A2 **4.00** ICC Men's T20 World Cup, Pakistan v B1 **4.30** ICC Men's T20 World Cup, Afghanistan v B2, from the MCG, Melbourne, **live** **8.45** ICC Men's T20 World Cup, England v Australia, from the MCG, Melbourne, **live** **1.00am** ICC Men's T20 World Cup, South Africa v B1 **1.30** ICC Men's T20 World Cup, Australia v A1 **2.00** ICC Men's T20 World Cup, England v B2 **2.30** ICC Men's T20 World Cup, Black Caps v Afghanistan **3.00** ICC Men's T20 World Cup, South Africa v Bangladesh **3.30** ICC Men's T20 World Cup, India v A2, replay from the SCG, Sydney

RNZ Concert

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rnz.co.nz/concert
NB: Programmes are subject to change

SATURDAY

News and Weather 6.00, 8.00, 9.00, noon **6.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **2.00 Worlds of Music with Trevor Reekie** Trans-global, fusion and folk roots **3.00** RNZ Concert Afternoons **5.00 Inside Out with Nick Tipping** Jazz favourites, standards and new releases **7.00** RNZ Concert Evenings **8.00 Music Alive** Amalia & Friends: Paris – Mozart: Violin Concerto No 5 in A, K219, Turkish; Mozart: Symphony No 31 in D K297, Paris, Amalia Hall (violin/director) Orchestra Wellington (recorded in St. Andrew's on The Terrace, Wellington) **9.30 Sound Lounge** Contemporary music **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon **6.00** Sanctuary **7.30** Hymns on Sunday with Robyn Jaquiery **8.00** Grace Notes **9.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00 The Musical Omnivore with David Morriss** Including Vintage Years **5.00 New Horizons with William Dart** Rock, pop, country, folk and beyond **6.00 Opera on Sunday** WFMT Opera Series 2022: Giacomo Puccini's Manon Lescaut – Asmik Grigorian (Manon Lescaut), Brian Jagde (Chevalier des Grieux), Boris Pinkhasovich (Lescaut), Josh Lovell (Edmondo/Dancing Master/Lamplighter), Artyom Wasnetsov (Geronte de Ravoir), Vienna State Opera Orchestra and Chorus/Francesco

Gemma New, *Music Alive*, Labour Day, 8pm.

Ivan Ciampa (recorded in State Opera House, Vienna) **9.00** Made in New Zealand **11.00 New Music Dreams** Ryan Smith explores ambient and drone music **12.00am** Music Through the Night

LABOUR DAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** NZSO 75th Jubilee Concert – Kahli Meari Materoa: Manawakura; S Fisher: Rainphase; Shostakovich: Festive Overture Op 96; Mozart: Flute Concerto No 2 in D K314, Mvts II & III; Rimsky-Korsakov: Capriccio Espagnol Op 34; A Ritchie: A Bugle will do; Sibelius: Violin Concerto in D minor Op 47, Mvt II; Tchaikovsky: Sleeping Beauty Op 66, Waltz; Ravel: Bolero, Bridget Douglas (flute), Vesa-Matti Leppänen (violin), New Zealand SO/Gemma New (recorded in Michael Fowler Centre, Wellington) **10.00** Day's End **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** NZTrio: Twine – Glass: String Quartet No 3, Mishima, (6) (arr for piano trio); Schumann: Piano Trio No 2 in F Op 80; Hindson: Rush; Oram, Celeste: the naming of waters; Brahms: Piano Trio No 1 in B Op 8 (recorded in Q Loft, Auckland) **10.00** Day's End **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** The New York Philharmonic This Week!: Dohnányi Conducts Brahms and Schumann – Brahms: Piano Concerto No 1 in D minor Op 15; Schumann: Symphony No 2

RNZ National

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rnz.co.nz
NB: Programmes are subject to change

SATURDAY

6.08 Storytime **6.55** News 2 Me **7.08** Country Life **8.10 Saturday Morning with Kim Hill** Current affairs and feature interviews **12.10 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30 Tagata o te Moana** Pacific news, issues, information and music **6.06 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06 Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06 Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12 Standing Room Only with Lynn Freeman** Including 1.10 At the Movies 2.05 The Laugh Track **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35 Te Manu Korihi** Māori news and issues **6.06 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to community advocates **6.50** Voices **7.04 Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

LABOUR DAY

6.08 Storytime **7.06** Best of Country Life **8.06** Labour Day Morning with Emile Donovan **12.10** Matinee Idle with Phil O'Brien and Simon Morris **5.15 Musical Chairs with Hello Sailor** Harry Lyon and Graham Brazier reflect on the band and their own careers **6.15 Maara Kai with Maanu Paul** Justine Murray visited Maanu Paul's home in Ohope in 2021 **7.06 From Egmont to Taranaki** John Campbell discovers the colonial history of Taranaki via a precious road trip with his best friend Tim **8.30** Science in Action **9.06 Tammy Neilson** A selection of live performances captured by RNZ **10.15** The Forum (BBC) **10.00** News at Ten **11.04** Nashville Babylon **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Worlds of Music with Trevor Reekie **12.04am** All Night Programme

WEDNESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Inside Out with Nick Tipping **12.04am** All Night Programme

THURSDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Karyn Hay **10.00** News at Ten **11.04** The Mixtape **12.04am** All Night Programme

John Campbell, *From Egmont to Taranaki*, RNZ National, Labour Day, 7.06pm.

ROY COX

in C Op 61; Strauss: Don Juan Op 20, Paul Lewis (piano), New York Phil/Christoph von Dohnányi (recorded in Lincoln Center, New York) **10.00** Day's End **12.00am** Music Through the Night

THURSDAY
News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** APO 2021: Houstoun Plays Rachmaninov – Grenfell: Stealing Tutunui; Vaughan Williams: Symphony No 5 in D; Rachmaninov: Piano Concerto No 3 in D minor Op 30; Rachmaninov: Etude-tableau in C minor Op 33 No 3, Michael Houstoun (piano), Auckland Philharmonia Orchestra/Vincent Hardaker (recorded in Auckland Town Hall) **10.00** Day's End **12.00am** Music Through the Night

FRIDAY
News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** National Concerto Competition 2021 – Prokofiev: Sinfonia concertante; Sibelius: Violin Concerto in D minor Op 47; Dvorak: Cello Concerto in B minor Op 104, Hyein Kim (cello), April Ju (violin), Catherine Kwak (cello), Christchurch Symphony Orchestra/Kenneth Young (recorded in James Hay Theatre, Christchurch) **10.00** Day's End **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY
6.00 Jamie McKay 7.00 D'Arcy Waldegrave 9.00 Jack Tame Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Roman Travers 12.00am Jim Snedden

SUNDAY
6.00 Peter Wolfkamp 9.00 Francesca Rudkin Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Frank Ritchie & Jax van Buuren 7.30 John Cowan 8.00 Miles Davis 11.00 The Nutters Club 1.00am Roman Travers

LABOUR DAY
6.00 Tim Dower 9.00 Francesca Rudkin Noon Tim Roxborogh 4.00 Miles Davis 8.00 Tim Beveridge 12.00am Roman Travers/Tim Beveridge

TUESDAY-FRIDAY
5.00 Kate Hawkesby 6.00 Mike Hosking 9.00 Kerre Woodham Noon Simon Barnett & James Daniels 4.00 Heather du Plessis-Allan 7.00 Sportstalk 8.00 Marcus Lush 12.00am Roman Travers/Tim Beveridge

Today FM todayfm.co.nz

SATURDAY
6.00 Nigel Yalden 9.00 WellBeings with Dominic Bowden Noon Robett Hollis 2.00 Sport 6.00 Saturday Night Live

SUNDAY
6.00 Best of Tova & Lloyd Burr Live 7.00 Build & Design with Hamish Dodd & Stan Scott 9.00 Mel Homer Noon Dave Letele & Nats Levi 2.00 Graeme Hill 7.00 Podcast Playout 8.00 Polly Gillespie

LABOUR DAY
6.00 Josie Pagani 9.00 Trudi Nelson 1.00 Richard Green 7.00 Podcast 8.00 Polly Gillespie

TUESDAY-THURSDAY
5.00 Rachel Smalley 6.30 Tova O'Brien 9.00 Duncan Garner Noon Leah Panapa & Mark Richardson 4.00 Lloyd Burr 7.00 Graeme Hill 8.00 Polly Gillespie 12.00am Today FM Late

FRIDAY
As above until evening 7.00 Podcast Playout 8.00 Friday Night Nickson 12.00am Today FM Late

Classical
by RICHARD BETTS

Breathing lessons

The CSO's The Call concerts showcase some nifty programming and a groundbreaking Kiwi flute piece.

Hannah Darroch will play and sing into her flute to make it sound like a kōauau.

Concert programming is an art. You'll find one of this year's best examples when Christchurch Symphony Orchestra takes to the stage on October 28 and 29.

Nestled between music by Mozart and Haydn is the 20th-century modernist Alfred Schnittke, whose *Moz-Art à la Haydn* contains deconstructed snippets of music by both Classical-era giants. It gives the shows a lovely arc.

Opening the evenings is Helen Fisher's haunting solo flute piece *Te Tangi a te Matui* (*The Call of the Matui*), which is both odd and oddly perfect. Based on a karakia, the 1986 piece is an early example for flute of multiphonics, where the musician sings and plays simultaneously. It is also one of the first works that attempts to make Western instruments sound like taonga pūoro – traditional Māori instruments. These days, Pākehā composers are expected to consider whether incorporating taonga pūoro is an act of cultural appropriation, but in the 1980s, the work was both welcomed and groundbreaking.

CSO principal flute Hannah Darroch, who will perform the piece, has spoken with Fisher as part of her own due diligence.

"Talking to her has been cool," says Darroch. "[Fisher] was learning Māori, and it was her teacher who had the karakia that was talked about in class. That was the inspiration; it's the karakia from her language class."

Darroch grew up doing kapa haka and had coaching as a member of the New Zealand Secondary School Students' Choir, where the kids performed kapa haka on their international tours. It's experience that Darroch says will aid her phrasing and pronunciation. It's useful, too, that Darroch understands the sounds Fisher aimed for.

"The flute's supposed to have characteristics of the kōauau [a Māori flute], a breathier sound, so it's not me approaching it as a classical flute player. It's more, what are the sounds and colours and inflection I want?"

Darroch returned to New Zealand only recently after several years in Canada, where she completed her PhD. She's one of several crack Kiwis to have drifted south to join the CSO – something special is quietly going on in Canterbury.

As well as playing with the orchestra, Darroch has been active on the contemporary music scene, performing and commissioning new works.

"It was really nice to feel I could come back and contribute," she says. "I guess that makes it feel like the hard work is worthwhile. You love the music but you also want to feel you're making a meaningful contribution." ▮

Christchurch Symphony Orchestra – Lamb & Hayward Curator's Series, The Call, October 28 and 29.

TAM PHOTOGRAPHY

GREG DIXON

Spring's icy fling

I pulled back the bedroom curtains and there it was. Or was it? I rubbed my knuckles into my sleepy eyes, stretched and groaned, and then looked again. No, I wasn't hallucinating. It wasn't exactly thick and it wasn't exactly everywhere, but it was definitely there. Snow!

I woke Michele. "Snow," I bellowed, "snow!" Michele rose from her slumbers, rubbed her knuckles in her eyes, stretched and groaned, and looked out the bedroom window. "Snow," she bellowed. "Snow!"

This miracle had been promised in the weather forecast the night before, along with the threat of the coldest day of the year, but promises are cheap when it comes to the weather forecast. At Lush Places, we've learnt to expect the worst: never-ending rain and high winds and bitter cold at all times, and almost always when it is not forecast. It's been that kind of winter.

But this wasn't freezing rain, it was snow. And unlike the rain, the first thing you want to do when you see it is rush out into it. So while Michele put on the jug, I charged out into the cold to meet Jack Frost.

The snow was sprinkled lightly about the lawns and gardens, lay pleasantly thick on the roofs of the house and the potting shed, and was very pretty indeed. Also, unlike the rain, the first thing you want to do when it snows is take lots of photos to send to your friends. By law, snow must be reported to everyone you know immediately.

The second thing you must do when it snows, once the pictures have been made and sent to people who don't care, is make a snowball. I looked for the thickest area of snow on the back lawn, began rolling, and soon had a big one.

As I made it nice and firm, my memory immediately returned to another snowball I had made as a pre-teen twit when my family visited the Top of the Bruce carpark on Mt Ruapehu one winter in the late 1970s on our way home from a holiday.

This particular snowball I made nice and firm, too, and then looked about for something to throw it at. I decided against my younger sister because I had been told one should never throw things at other people, even your horrid, horrid sister.

Instead, while no one was looking, I chucked it with all my strength at the back window of the family's metallic gold Holden Kingswood. It flew beautifully through the air and made a very pleasing sound as it hit the window – which immediately cracked and fractured in the cold.

Before the freezing drive back to Palmerston North with noisy, flapping plastic taped over where the rear window used to be, my very, very angry dad asked if it was I who had done this terrible, expensive thing to his car and I lied. I lied like Donald Trump. But he knew.

"Never do something like that again," he said like I was impossibly dim.

Back at Lush Places, I presented Michele with her first snowball, which pleased her greatly, but was soon too cold to hold in her hands, so she dropped it back on the lawn. Then she had a thought.

"I should have thrown it at you."

"What? Why?"

"That's what you do with snowballs," she said, as if I was impossibly dim.

Too tempting: enough to make a snowball.

It flew beautifully through the air and made a very pleasing sound as it hit the window.

Like so many incumbent mayors, our "winter" wonderland was gone by lunchtime. But the fuel crisis precipitated by the rare spring snowfall is with us still.

The night before, I had rushed out to the second-best woodshed to count what was left of the 16 cubic metres of firewood I had laid in over autumn and semi-confidently announced on this page back in April would be exactly enough to see us through what boffins were alleging would be the warmest winter on record.

I counted 48 pieces of usable firewood left. That was enough to see us through the snow. But what are the odds it will be enough to see us through a spring that the same boffins have said will have above-average temperatures, but has given us our first blizzard?

I'd say not a snowball's chance at Lush Places. ▮

GREG DIXON

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